

# READER SURVEY

April 9th, 2014 ■ Issue No. 32 ■ Volume 104

## THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA



### Burlesque

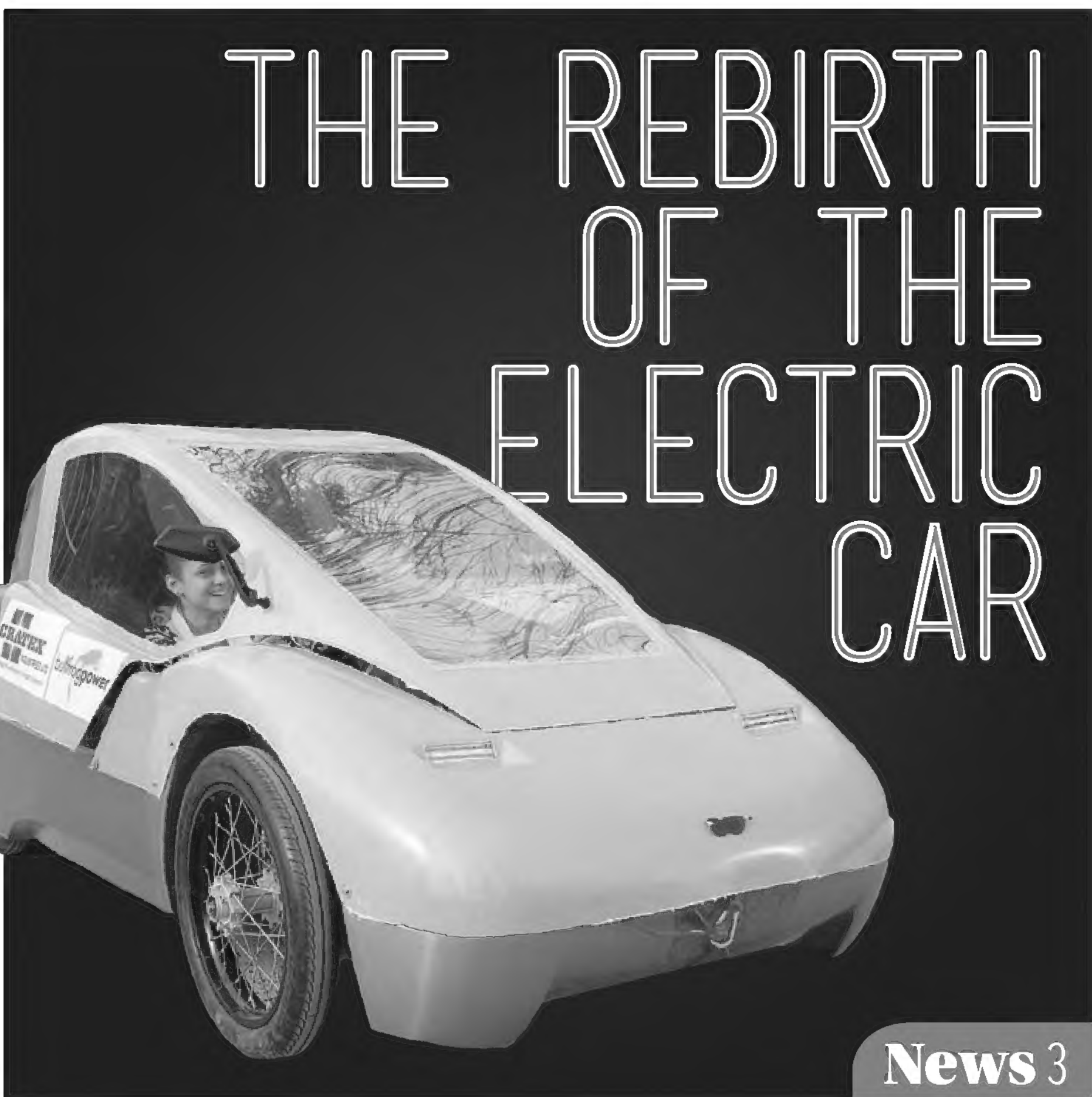
SuicideGirls combine sexy and nerdy in scintillating show.

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**colophon**

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**news haiku**

How do you do these  
Best part of the job they said  
I need a new job



**FINAL FOTO** Kitchen staff work in a kitchen in Graffiti Alley in Toronto, ON.

KEVIN SCHENK

**streeters**

COMPILED AND PHOTOGRAPHED BY **Andrea Ross + Sean Trayner**

As you may have heard, final exam season is fast approaching.  
**WE ASKED...**

**What do you do as a study break?**



**Jocelyne Murray** EDUCATION III

"I'm having coffee right now. I don't really do study breaks because I'm so busy procrastinating most of the time. Social networking, lots of Facebook."



**Jonathan Zilinski** ARTS III

"Masturbate probably three or four times per day. Studying hurts a lot more than masturbation. If you have absolutely no thoughts about sexual intercourse whatsoever because your dick is totally numb, then yes you can finally focus 100 per cent of your attention on studying."

**Brandon Ash** PHYS ED IV

"I'll go on Netflix and I'll pick a TV show and watch it. Anything from an old episode of *Breaking Bad* to something bringing back the childhood like *The Magic School Bus* or *Arthur*. Most recently I watched *Suits*."



**Carly Weilen** PHYS ED II

"I go on iTunes. I take CDs from the library and then download them on my computer to find new music. I like a bit of everything, a lot of rap."

**SEX**

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GATEWAY'S NEW,  
SHAMELESS ONLINE  
ADVICE COLUMN





# News

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## Student-designed low-emissions car ready to race

**Andrea Ross**

STAFF REPORTER • @\_ROSSANDREA

A team of University of Alberta engineering students is counting on a small car to win a big prize this month as they test the limits of fuel-efficient transportation.

Eight students are heading to Houston, Texas from April 24 to 27 to race their custom-built low-emissions vehicle in the Shell Eco-Marathon. The event challenges 100 teams from across North America as they race their energy-efficient vehicles to see who can travel the farthest using the least amount of fuel or alternative energy.

This year, the U of A's EcoCar Team is aiming to claim the title with their own low-emissions vehicle, lovingly dubbed Steve.

Steve's aerodynamic yellow shell is composed of flax, cellulose, hemp and Kevlar, and his door opens upwards like a fighter jet's cockpit. He's roadworthy with all the appropriate lights, blinkers and mirrors. But he's not all style without substance. The single-seat vehicle can reach speeds of 35 km/h and emits no greenhouse gasses, thanks to 48 volts of electricity produced by a single hydrogen fuel cell.

"It runs just on hydrogen and emits nothing but water," EcoCar Project Manager Balazs Gyenes said. "We made it for fuel efficiency — the point is to have the most mileage in the race."

Formed in 2010, the EcoCar Team races annually at the competition



**ECOLOGICALLY EFFICIENT** Engineering students head to Texas to race their energy-efficient vehicles.

KEVIN SCHENK

but failed to compete last year after running into problems at U.S. customs. The team placed second in the Urban Design category in 2012. L'Université Laval reigned as last year's winner in the gasoline category, with a vehicle that travelled 1500 kilometres — the distance

from Vancouver to Saskatoon — on one litre of fuel.

This year's EcoCar Team vehicle features some notable improvements, including an LCD touchscreen to better monitor the vehicle's power and speed and a functioning suspension.

Designing and constructing the vehicle was a tremendous feat for all 25 team members, EcoCar Team Fuel Cell Leader Salma Elmallah said.

"We try to make the car sustainable in as many aspects as we can," she said. "We're all in engineering,

but we don't really get that design foundation as much in school. So a lot of the time it seems you're going in blind and you sort of have to work your way through a lot of different problems because you're not used to encountering them in class.

"Just the whole concept of building a large-scale project is new to a lot of us."

Cia Wu, Shell Canada's Campaign Implementation Advisor for the Eco-Marathon said most of the cars entered into the competition are gasoline-powered, but still impress with their fuel efficiency.

"It's good to see all sorts of innovation, but even traditional fuels like gasoline just takes human ingenuity to go that much further," she said.

The U of A's EcoCar is sponsored by the Faculty of Engineering, the Office of Sustainability, and numerous external organizations and businesses.

The team hasn't decided what they'll do with the car once the competition is over, but Elmallah said they're already planning on building a new vehicle for the 2015 competition.

She said she isn't sure what to expect from competing universities at the four-day event, but is looking forward to her first year as a contestant.

Considering the team's success in 2012 and the upgrades to the current vehicle, Wu said this could be the team's year.

"They're well placed to win."

## UAlberta research uncovers good news for pregnant immigrants

**Richard Catangay-Liew**

GATEWAY STAFF • @THEWICKERMAN

Zubia Mumtaz was surprised when a recent study of hers brought "good news," especially since evidence suggests pregnant women have difficulty seeking maternity care when migrating to foreign countries.

Researchers at the University of Alberta's School of Public Health have found that pregnant immigrant women in the Prairie provinces are just as capable as Canadian-born women when navigating the health-care system.

Mumtaz, assistant professor at the School of Public Health and lead author of the study, said this discovery is a departure from what was initially assumed regarding newcomers to Alberta, Saskatchewan and Manitoba.

"There is quite a bit of evidence that immigrants in countries like the U.K., Germany and even the U.S. when seeking maternity care have difficulty," Mumtaz said. "They really don't know how to navigate the health system."

Mumtaz and her team used data from the Canadian Maternity Experiences Survey (MES) and looked at the difference in ability to access and undergo prenatal care between immigrants and Canadian-born women in the Prairies.

They found there was no difference.

"The biggest surprise was the fact that newcomer women were

as likely to receive maternity care services at the same rate of Canadian women," she said. "It's a positive story."

The study found that newcomers were able to utilize prenatal care as early as they wanted 87.7 per cent of the time, higher than Canadian-born women who checked in at the rate of 87.5 per cent.

Newcomers also attended prenatal classes and had a similar number of prenatal visits compared to their Canadian-born counterparts.

Statistics also imply there's equal distribution of maternal health resources for immigrants and Canadian-born women, but there is a stark difference in the number of caesarean sections performed between the two groups.

While health-care providers recommended C-sections at similar rates, Canadian-born women delivered via vaginal birth 75.3 per cent of the time, compared to the newcomer rate of 63.9 per cent. Therefore, C-sections were performed on newcomers at a 36.1 per cent rate, up from the 24.7 per cent of Canadian-born women.

"The clear unknown that emerged was, 'why do newcomer women have higher rates of C-sections compared to Canadian-born women?'" Mumtaz said.

"Maybe we need to explore this further and find out exactly and precisely why this is happening, and then maybe the policy makers and providers can do something



**MIGRATING MOTHERS** Mumtaz and her team have discovered pregnant newcomer women can receive equitable maternity care. SUPPLIED

about it."

The numbers also suggested that newcomers were less satisfied with maternal health-care information provided, especially regarding breastfeeding and emotional and physical change.

Mumtaz said she believes it's important for policy makers and health-care givers to know about this information, as it could improve the national standard for

maternal and newborn care.

"Gaps suggest the system is not perfect," she said. "It kind of suggests there are power related issues ... a lot of (women) come from cultures where you don't question authority."

Although improvements to the health-care system can be made regarding superficial and inadequate communication in maternal treatment, Mumtaz said the figures

indicate policy makers have done an exceptional job facilitating services and assessment to newcomers.

"They've obviously done something good," she said.

"There was a lot of focus on cultural safety and sensitivity of the providers.

"Clearly these interventions had a positive impact, and it's important for the policy makers to be given a pat on the back."



# New 3-D sock could give vitals directly from the heart

**Richard Catangay-Liew**  
GATEWAY STAFF • @THEWICKERMAN

Socks and smartphones are conventional aspects of everyday life. But a University of Alberta professor is working to combine them with the heart in a 3-D manner, which could potentially replace the current crop of artificial cardiac pacemakers.

■ **“We can think of many different ways to relieve damage from current therapy.”**

HYUN-JOONG CHUNG  
ASSISTANT PROFESSOR, UNIVERSITY OF ALBERTA

Hyun-Joong Chung, assistant professor of engineering at the U of A, teamed up with John Rogers at the University of Illinois and helped design a 3-D heart sock that could be stretched over the vital organ to monitor its condition and activity.

“When your heart is unhealthy, there can be a lot of different signals coming from an ECG, where the signal is really average” Chung said. “What our sock can give you is a direct, localized signal straight from the heart.

“We can measure data directly from a heart’s surface and exactly map which part of the heart is doing what functions. This way we can identify exact problematic points.”

Chung added that the 3-D heart sock could potentially be used in heat ablation, drug delivery or shock therapy.

Shock therapy, which is commonly distributed via a defibrillator, would be dispersed from the heart sock in smaller amounts to prevent damage, Chung said.



**I HEART SOCKS** Hyun-Joong Chung helped develop a 3-D heart sock that could potentially replace pacemakers.

ALEXANDROS PAPAVALIIOU

“In defibrillation, we pick a random spot and apply a big electric shock, essentially cooking or damaging the heart,” he said.

“If we can put this sock in high-risk patients who need defibrillation, then we can think of many other ways to relieve damage from current therapy.”

Chung and his team implanted 68 electrode sensors into a cylindrical piece of silicone that was run through a 3-D scanner and printer at the University of Illinois.

The silicon device, which could be easily stretched over the heart, would also measure pH levels and temperature, Chung said.

In regards to smartphone applications, Chung said his colleague John Rogers is working on a way to properly embed a wireless chip in the sock.

They are also devising a plan to identify a power source, such as a battery, for the sock before users can control and monitor activity from a

mobile device.

“The direction we are pursuing is in wireless communication,” Chung said. “It’s definitely possible.”

A goal of Chung’s is to make biochemical sensors and silicon electronics “mechanically transparent,” meaning that the body will not reject the alien device, he said.

■ **“What our sock can give you is a direct, localized signal straight from the heart.”**

HYUN-JOONG CHUNG  
ASSISTANT PROFESSOR, UNIVERSITY OF ALBERTA

Although Chung admits he’s excited about the prospects of the sock’s applications, he said it’s still three to five years away before being implemented at the lab level.

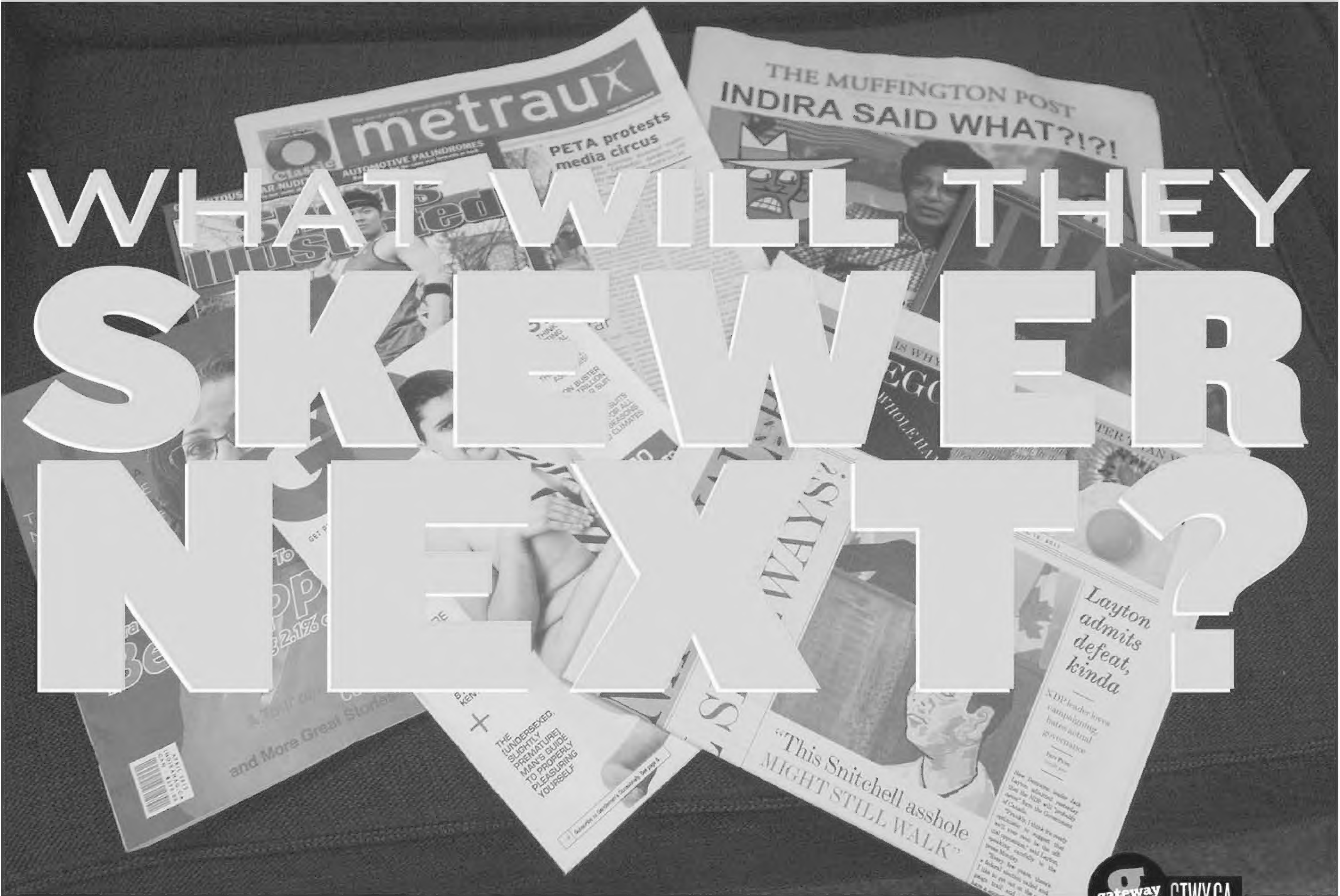
He also noted how he’s working with the U of A’s Faculty of Medicine in researching what other membranes they can apply the technology to.

In the meantime, he said he wants to make it clear the 3-D heart sock is just one application of a vast number of possibilities for silicon electronics.

“The heart sock is clearly one application, but I would like everyone to see this technology as a whole,” Chung said. “This is about making bioelectronics to resemble the mechanical properties of the organ itself so it will feel less exotic in the body.”

“Don’t think of this technology as a heart replacement, see it as a possible revolutionary type that can really blur the boundary between electronics and the body.”

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**FIND OUT NEXT WEDNESDAY.**





# 33 per cent of obese kids are metabolically healthy

Andrea Ross

STAFF REPORTER • @ROSSANDREA

The number on the scale isn't the only factor in determining an overweight child's overall health. Researchers from the University of Alberta and Alberta Health Services have found that up to a third of obese children may not actually be at risk of developing obesity-related diseases.

Researchers studied almost 200 children aged eight to 17 years old and found that up to 30 per cent of children could be classified as "metabolically healthy," meaning they're not at immediate risk of developing high blood pressure, high cholesterol or Type 2 diabetes.

Geoff Ball, associate professor of pediatrics in the U of A's Faculty of Medicine & Dentistry, said instead of the commonly used Body Mass Index (BMI) — which factors in height and weight — waist circumference and a combination of factors including genetics, diet, physical activity, and computer and television screen time also had an effect on a child's metabolic health.

"When we did our analysis, we found that for those kids that were significantly active, those kids that ate a lower fat diet ... those lifestyle behaviours predicted whether or

not kids would be in that healthy group," he said.

"A higher waist circumference measurement predicted they'd fall in that unhealthy group."

Ball is also the clinical director of the Stollery Children's Hospital's Pediatric Centre for Weight and Health, which provides health services for kids and families with obesity. The clinic has been serving central and northern Alberta for about 10 years.

The research team referred to clinical data from children who had been to the clinic since 2005 in tracking how lifestyle behaviours of the children affected their insulin resistance, blood pressure and glucose levels in their blood.

The research showed that children who had a lower dietary fat intake were more likely to be



part of the metabolically healthy group, and so were those who engaged in higher amounts of vigorous physical activity.

"Those are the kind of activities where kids are huffing and puffing ... it's not just going for a walk to the store," Ball said. "A lot of people they think, 'Well if I just get a few steps in that's good,' and the more physical activity the better."

"Any physical activity is good, but for our sample of kids, it seemed that for those kids (who) could get into the upper category of really huffing and puffing, that was a strong predictor of whether they could get in that healthy group."

Not only were metabolically healthy children more physically active, but they also watched less TV, spent less time in front of a computer playing video games, and ate fewer calories, fat and meat.

While children can't control their genetics or how their body fat is distributed, Ball said they can

control their calorie intake, the types of foods they eat and how physically active they are.

The study demonstrates the complexity of obesity and the causes leading to obesity-related health problems, Ball said.

A lack of physical activity and a poor diet aren't the only factors — other factors contributing to childhood obesity include psychosocial and metabolic issues.

**"Any physical activity is good, but for our sample of kids it seemed that for those kids (who) could get into the upper category of really huffing and puffing, that was a strong predictor of whether they could get into that healthy group."**

GEOFF BALL  
ASSOCIATE PROFESSOR, UNIVERSITY OF ALBERTA

"A very simplistic approach is, people say 'you just need to move more and eat less,' and if it was that simple we would have 50 or 60 per cent of Canadians adults overweight," Ball said. "We wouldn't have 20 to 30 per cent of kids in Canada being overweight or obese."

## Open Educational Resources aim to make textbooks cheaper

Michelle Mark

NEWS EDITOR • @MICHELLEAMARK

Ever-heightening textbook prices may have some students stretched thin, but a newly launched initiative is aiming to ease the financial burden for the province's post-secondary students.

The Alberta government announced the Open Educational Resources Initiative Tuesday morning to combat steep costs for post-secondary students by reviewing proposals and recommending ways to implement open educational resources.

The government estimates that students in Alberta spend on average between \$1,000 and \$1,700 each year on textbooks, adding up to between \$4,000 and \$6,800 over the span of a four-year degree. The initiative is intended to devise a long-term strategy to reduce those costs and utilize alternative educational materials instead.

Adam Woods, Students' Union Vice-President (External) at the University of Alberta, said he's happy to see post-secondary students' lobbying efforts pay off on this issue.

The SU has long been working to reduce book prices and promote open access materials, such as

electronic textbooks or online modules.

"A lot of University of Alberta students have made this a bit of a priority for the last few months here, and it seems like our advocacy is finally seeing some progress," he said.

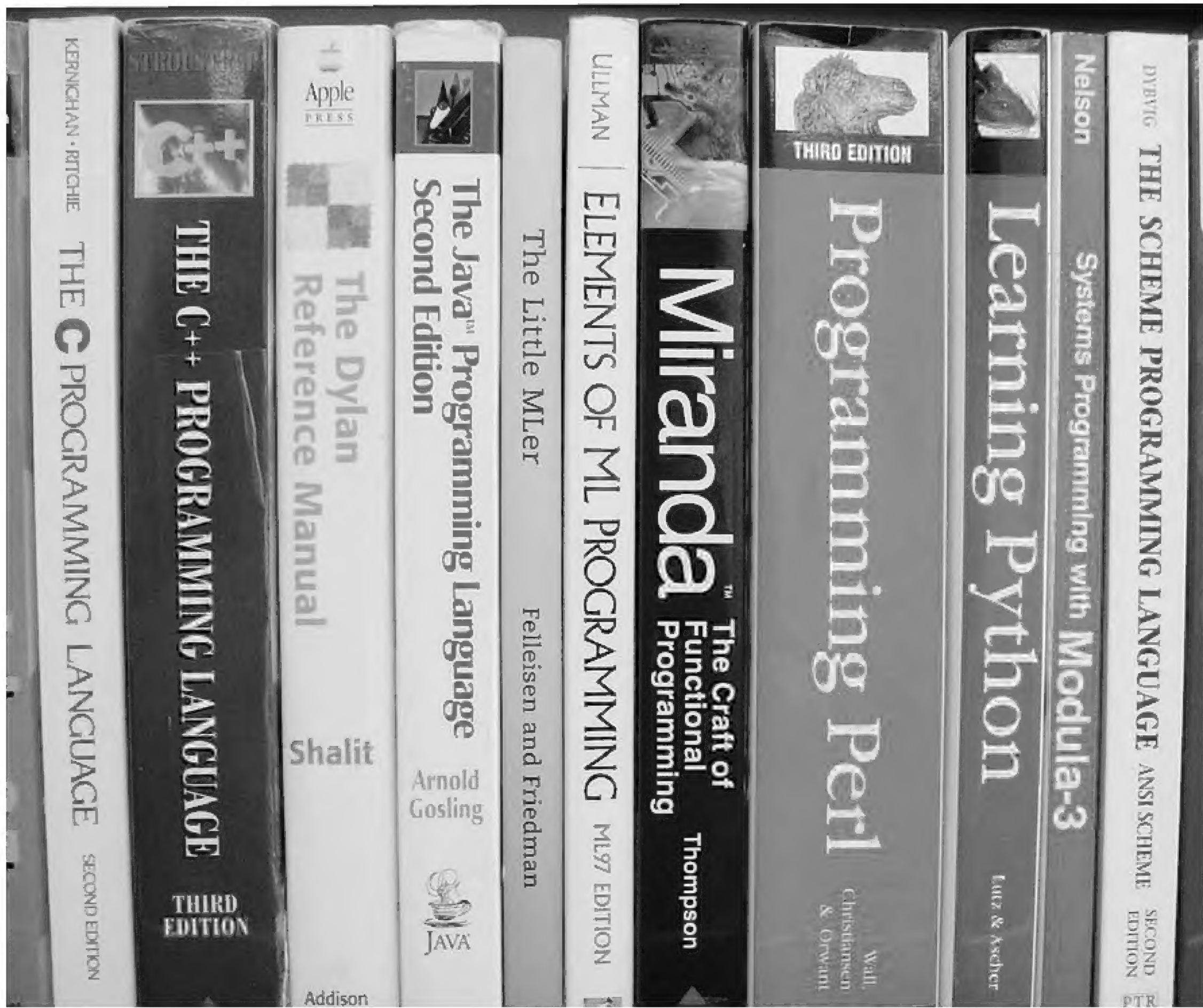
"(This) means in your first year you're going to be paying a significantly lower amount on textbooks. It's the kind of programming that essentially takes first- and second-year textbooks and makes them public."

Darrell Winwood, spokesperson for the Ministry of Innovation and Advanced Education, said there's no definitive timeline for the project, but the government is aware that book prices are a priority for students.

"The government is committed now to making sure every Albertan, all students, have the opportunity to reach their goals, and we know that costs can sometimes be a barrier and we want to address that," he said.

"This initiative is really designed to take a long-term approach to helping reduce costs students face ... We've been glad to have their input and now we're acting on it."

With files from Richard Catangay-Liew.



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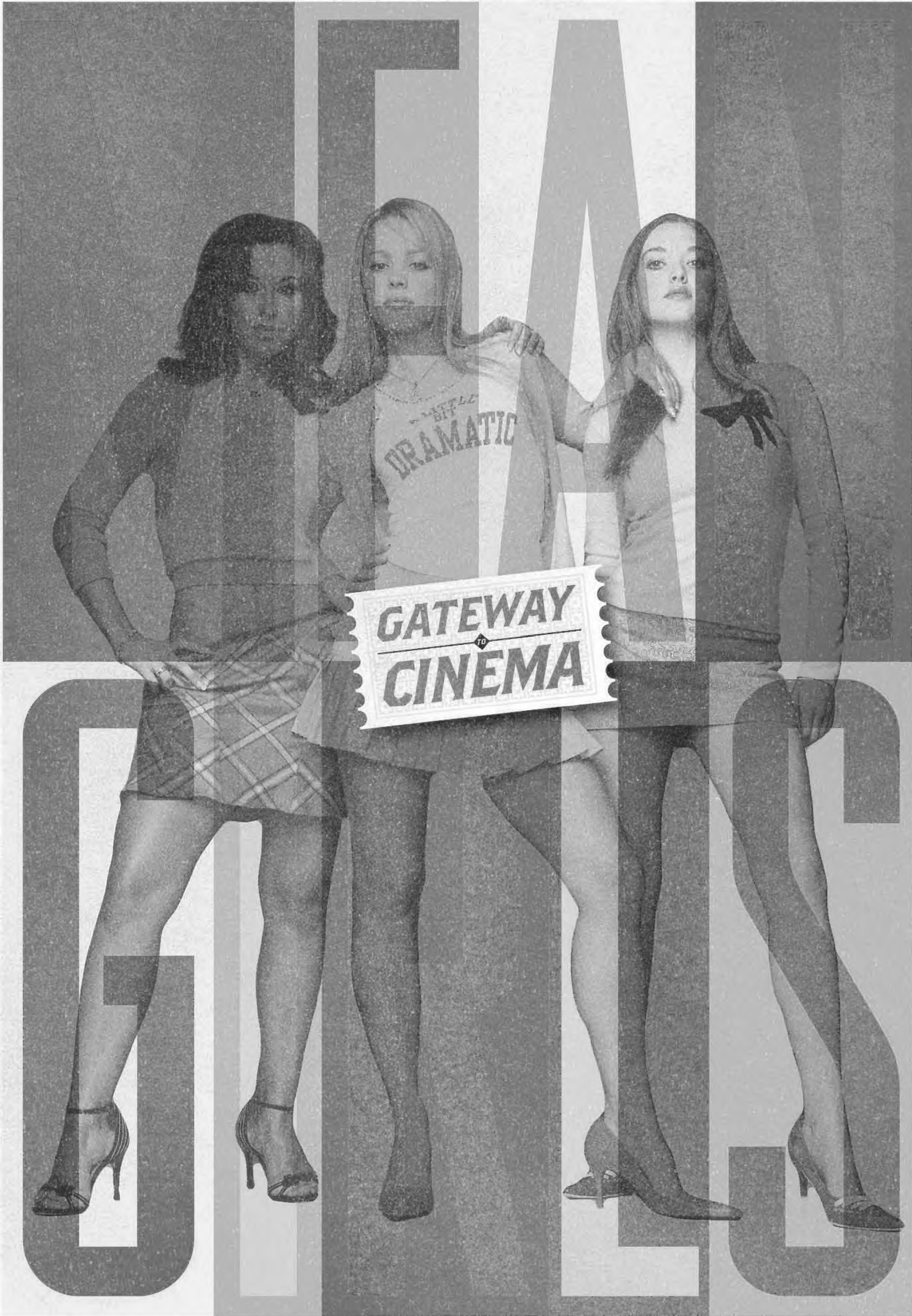
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# New Brunswick universities battle confidence issues

Cherise Letson & Chris Balcom

FREDERICTON (CP) — Faculties at both the University of New Brunswick (UNB) in Fredericton and Mount Allison University (MTA) in Sackville have passed motions of non-confidence in their senior administration.

Throughout the past couple of weeks, four faculties at UNB — science, engineering, arts and business — have passed non-confidence motions against UNB’s senior administration: president Eddy Campbell and the vice-presidents.

■ **“We understand some members of our faculty are frustrated right now.”**

EDDY CAMPBELL  
UNB PRESIDENT

The education faculty also passed a motion that doesn’t exactly state non-confidence, but still echoes similar concerns as the others.

The faculties argue there’s a lack of transparency with UNB’s financial planning. With academic departments receiving \$1.2 million in cuts, they fear the university has strayed away from its core academic mission, leading to concerns for its

future.

“There is no transparency in that budget process at all. And it doesn’t appear to us that it’s based on any kind of academic objectives,” said Cliff Shaw, chair of earth sciences and member of the UNB academic council. “It doesn’t meet the needs of the academic units and if it doesn’t meet the needs of those units, it doesn’t meet the needs of the students.”

UNB’s English department chair Jennifer Andrew said UNB’s faculties can’t handle more cuts.

“It becomes very clear that departments are at the point where they are on the brink of losing accreditation, losing the abilities to deliver certain key programs whether it be graduate or undergraduate programs and the ability to serve students in the meaningful way,” Andrews said.

UNB president Eddy Campbell said in a statement on Friday, April 3, that he understands faculties’ frustrations and that the university is working to address them.

“We understand some members of our faculty are frustrated right now, and we sincerely want to work with them to address their concerns. They have provided us with questions. We have already provided some responses and we will be sharing more information soon,” Campbell said.

“We are committed to providing

more information about the decisions we make and why we make them. This is an investment in the future of UNB.”

Non-confidence motions aren’t binding at UNB, meaning the senior administration doesn’t need to act upon them. But the faculties hope that their motions will bring a change of direction for the university.

Shaw said it’s something UNB’s Board of Governors will need to address eventually.

“I think that’s ultimately what we’re trying to do, to bring the attention of the Board of Governors to the problems we are facing in the university,” he said. “And that these problems we don’t feel our current senior administration are addressing, or are even capable of addressing.”

Shaw said these motions are unrelated to January’s strike. Professors’ union AUNBT has had no involvement in the passing of these motions.

“These are a result of long-standing issues that the (faculty) chairs and other faculty had with the way the university is administered,” he said. “And as we’ve started digging further into the finances of the university, we’re discovering more and more things that make us question whether or not they have the best interest of UNB’s academic

programs at heart.”

Meanwhile, on April 3, an attempt to pass a non-confidence motion by the faculty council at Mount Allison University took a dramatic turn after president Robert Campbell, the council’s chair, refused to allow the motion.

■ **“It would have been nice if the administration had stayed and heard our concerns.”**

ANDREW IRWIN  
ASSOCIATE PROFESSOR, MOUNT ALLISON UNIVERSITY

He told the assembly that they didn’t have a mandate to evaluate matters of individual performance, adding that the motion “(bordered) on the defamatory.” He adjourned the meeting due to the protests of the assembled members.

But faculty decided to vote anyway. Of those present, 60 affirmed the motion to advise Mount Allison’s Senate that they have “no confidence in the current President and Provost as the academic leaders of our community.” Only one opposed.

Andrew Irwin, who brought forward the motion, said this vote was intended to send a message to the administration.

“It would have been nice if the

administration had stayed and heard our concerns,” Irwin said.

“I think the administration greatly misunderstood the purpose of the motion. The (motion) was not about the strike, it was not about criticism; it was about constructive dialogue ... to move this institution forward.”

“I’m not pleased with a chair of a committee picking and choosing which rules to follow. (Campbell) decided to leave — we didn’t,” said Mike Fox, who seconded the motion. “The administration’s role is to support the mission of the university. We’re not going anywhere.”

The administration would not comment on the results of the vote.

“The faculty council meeting was adjourned, so whatever happened was not done by the faculty council,” MTA’s vice-president David Stewart said.

“We had hoped that the meeting would have arrived at a path forward that would have been constructive, that would have allowed the faculty council to deal with the concerns that they may have had in a way that was consistent with the jurisdiction of the council and its proper functioning.”

Had Campbell not adjourned the meeting, the motion still would have been non-binding.

Earlier in the year, both schools were involved in faculty strikes.

# Grads green balconies and backyards of Montréal with new startup

Emilie Wilson

MONTRÉAL (CUP) — Finding a job straight out of university is often a major source of stress for students, but there are some who choose to create their own careers. David Symon and Oskar Newsam have dedicated themselves to making personal vegetable gardens more mainstream and easily accessible in Montréal.

Symon and Newsam founded Marché Vivant in the spring of 2013, and it has since grown into Installation Vivante, allowing the duo to bring fresh vegetables closer to the kitchen counter.

■ **“Our biggest challenge has been working with other people, like having employees who are twice our age and way more experienced.”**

DAVID SYMON  
FOUNDER, MARCHÉ VIVANT

Installation Vivante has been making gardening accessible to anyone with a little bit of green space, planting gardens in small backyards, balconies and window boxes. Clients can also choose to plant more elaborate gardens that host fruit-bearing trees, such as mulberry, cherry and apple.

As young as their company is, Symon and Newsam already completed about two dozen jobs last summer. Each project takes a day or two to complete, starting early in the morning and working through the day. But their success hasn’t come without a few challenges and a lot of hard work.

“Our biggest challenge has been working with other people, like having employees who are twice our age and way more experienced,” Symon said. “It’s been challenging to get things done in a respectful manner for everyone.”

They have also been working on



FILE PHOTO: ALEXANDROS PAPAVASILIOU

how to be taken seriously in the professional world as “kids” in their early 20s.

“Being able to prove ourselves has been a big challenge, which we’ve met successfully,” said Symon.

There are many widely known benefits to keeping your own garden. It provides an affordable supply of fresh vegetables, offers exponentially greater nutrition levels in fresh food and allows you to trust your food source. Ideally, everyone would have the ability to eat and grow local, organic fruits and veggies — although it has seemed difficult to manage for the average city dweller because of a lack of space or time. But the mini-gardens allow

for urban produce production.

Not only does planting your own food keep things cheap and convenient, but it’s a big step towards leading a more sustainable life. When you buy fruit and veggies from an industrial farm, it’s difficult to find a truly sustainable option. Options may be local or organic, but aren’t often both.

There are many other factors to consider that are not advertised by the market, such as the fertilizers, water systems and irrigation practices used on farms.

By helping people keep their own gardens, Installation Vivante is promoting not only local, organic food production, but sustainable water

use as well. The window box gardens are self-watering, which is a water saver as well as a time saver — the boxes only need to be refilled once a week. The boxes direct water straight to the roots, as opposed to being sprayed on top of the soil and percolating down. This prevents water from being lost to surface runoff or evaporation.

Symon’s advice for other students who are thinking of starting their own business is to work hard. “Be prepared not to eat much. Be prepared not to sleep much,” he said. “The biggest key is to love every aspect of what you do. Find ways to integrate your personality and what you love into your business.”

For his own business, Symon said he wants multiple crews doing custom projects around Montréal and products that people can buy and install themselves, such as the self-watering boxes.

For those wanting to start their own garden, Symon suggests giving plants some tender love and care. “Be aware that plants are a lot more sensitive than people give them credit for. If you put good energy into them, they’ll do better. They’re like pets.”

He also advised playing music, such as classical and smooth jazz, to gardens to improve their productivity. Yes — *Mythbusters* checked that one.



# Opinion

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EDITORIAL COMMENT

## I promise you that we're all going to float on alright

FINAL EXAMS. GRADUATION. GRAD SCHOOL. SUMMER JOB applications. It's safe to say February through April is the most stressful time of year for the average student, as many of us scramble to figure out what exactly we're going to do once the safety net of university is gone.

The worst part of student stress is that we tackle these challenges next to people who might — from our outside perspective, at least — look like they're getting further than we are at pursuing the same goal or spending their time more effectively. No one likes to admit it, but whether you and your classmate are both trying to get into law school, med school or be a gym teacher, it can feel like we're constantly in competition with our peers. We're all chasing the same carrot, regularly comparing our track records and wondering if we've fallen behind where we should be.

But we shouldn't have to worry. If four years at the U of A have taught me anything, it's that setbacks are rarely as dire as they initially seem, and most of all, no one should know better than you what's best for your future.

Maybe I'm just projecting. This is typically the time of year an elder Gateway editor bestows supposed sage wisdom from their perch as the wiseman at the top of the mountain. But I'm a student journalist, naturally worried about steady employment once I'm finished this arts degree, and when you think about it enough, it's not hard to discredit my opinion. After all, why listen to me? What do I know about this better than you? But that, my hypothetical reader, is the point.

The problem with pretending to be that wiseman and passing down advice is that what made university great for me won't be the same for you. This sounds stupidly obvious, but we forget it all the time.

An oft-repeated idea by "engaged" members of campus — from SU councillors and student group Presidents to former Gateway writers — is that if you don't do more than go to class, then you aren't getting everything out of your university experience. You need something else at school to make these years truly memorable — or so the notion goes.

But, honestly, that's all bullshit. That's the trap a lot of us fall into when we're nearing the end of our degree. We get this belief that we're experienced enough to pass on great advice to newbies about how to navigate their own trek through post-secondary. But short of what professors and classes to take or avoid — astronomy is not a fun option for an arts student, trust me — most of us aren't really mature enough to understand that we don't necessarily have the secrets to a good university experience figured out.

It's a nice dream to have a completely engaged campus. But the reality is the majority of students here won't regularly attend sports games, won't vote each year in the Students' Union elections and won't regularly pick up a copy of *The Gateway*. And if they're finding something off campus or even in their own studies that's more worthy of their time, they're not wrong.

When I remember university, I'm going to think of painful all-nighters spent studying, being a dumb 19-year-old getting too drunk with great friends when I probably should've been studying and working for a newspaper that sucked up all my free time to study in the best possible way. But at least one of those things will ring false for any other student. What you'll take away from these years instead is up to you.

The same mindset goes for those inevitable times the competition of university drives us to compare ourselves with our peers. It's easy to doubt our own abilities and capacity to succeed here. The stakes feel so high as we attempt to nail that last final, paper or grad school application, positive something terrible will happen if we don't. Especially when we mark ourselves on a curve and see how much "better" other people might be doing. But diminishing your own progress by looking at the gains of others is foolish.

Let the success of your peers motivate you instead of worry you, and let the anxieties of your classes or any other challenge in life push you rather than drag you down. For as young as a lot of us are at the U of A, it's natural to get caught up in the weekly trials of another paper to write or another final to study for and feel overwhelmed. One misstep can, even briefly, feel like the end of the world.

So the best advice any washed up student like me can tell you is to take a deep breath and worry less. Setbacks happen, but you have all the time in the world to recover, experience university the way you want and find success however you choose. No matter how stressed you get, you're going to be just fine, pal.

Andrew Jeffrey  
EDITOR-IN-CHIEF

Edmontonians urged to stop flushing condoms and feminine hygiene products down the toilet...



...depriving wildlife downstream of many newfound comforts.

ANTHONY GOERTZ

## letters to the editor

FROM THE WEB

### You changed my opinion

(Re: "Local roller derby invites women of all ages, backgrounds to play hard," by Kieran Chrysler, April 2.)

I remember roller derby as this freakshow cross between pro wrestling and Vegas floor show. Great article. Certainly changes my image of the sport.

Jim  
VIA WEB

### There's many places to roller skate in town

(Re: "Local roller derby invites women of all ages, backgrounds to play hard," by Kieran Chrysler, April 2.)

It's too bad that the other neighbouring local leagues, like the Heavenly Rollers in St. Albert or Rez City Rollers in Wetaskiwin, aren't mentioned, being they play E-Ville as much as Oil City does. There's also the Greater Edmonton Junior Roller Derby League for those parents who have girls under the age of 18 who want to play. Kids 10 and under can go to any roller derby bout for free and check it out.

Nina D  
VIA WEB

FROM THE ARCHIVES

### No gender should be smoking

Your editorial on "Girls Smoking" in

your last issue reflects harshly on the "worst half" of our species.

You said: "We share with many other men the feeling that the sight of a girl smoking anywhere is distinctly revolting."

I entirely agree with you. But why are men, so justly revolted by the smoking of a girl, not equally indignant at the sight of a man injecting his organism with poisonous smoke? What difference does sex make? Is not the body of the male human being just as sacred and holy a temple as that of a female? Should it not be kept equally clean and pure?

I reject the state of inferiority to which your article relegates the male sex. It is a common opinion that smoking and drinking are less objectionable in a man than in a woman. Does it mean that women have a monopoly of refinement, while nothing but coarseness can be hoped for a man?

Really, I can't understand why the question of sex intervenes. I fail to see why a man is not as human as a woman. I mean, why should he not respect his body just as much as a woman is expected to respect hers.

Sylvus  
MARCH 13, 1930

### Be nice to the Germans

I can't agree with Mr. Weekes when he puts forth the view that we should not allow German students at the university because it would displace Canadians. That stand is selfish. Who can believe in democracy and be selfish? Heaven forbid that we have only

limited facilities for education, that we should insist that our men and women be educated first.

I'm attracted by the vision of the naive Mr. Manery, the saviour of the German race. His stand, however, seems to be a little too idealistic. He wished to bring German students over and educate them on the democratic way of life. Perhaps he hasn't heard of the German children taken to Holland and Norway and cared for for years after the 1914-1918 war. They returned to their foster parents as "5th columnists" in 1940. Does he know that Germans who had been students in England led the Nazi squadrons up the channel to bomb London?

Mr. Manery is appalled by the starvation he saw in Germany in 1948. Perhaps if he had been in Holland in 1945 and had seen the results of mass starvation carried out by the German Army, he would feel that it serves the Germans right if they are a bit hungry now.

Price Gibb  
NOVEMBER 9, 1948

Letters to the editor should be sent to letters@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

Letters to the editor should be no longer than 350 words, and should include the author's name, program, year of study, and student ID number.



# Ankle bracelet monitoring service is keeping women safe



Hannah Madsen  
OPINION STAFF

Last week in Red Deer, a pilot program that sees domestic abuse offenders monitored with tracking anklets in order to keep their victims safe ran out of government funding. Over the weekend, the Tory government chose to temporarily reinstate the program until a summer review of it is completed, but there's no guarantee that it will be continued beyond that. The program, which cost \$450,000 and ran for three years, placed anklets on offenders who repeatedly violated the terms of their restraining orders, often following their victims through multiple moves and showing up at victims' houses.

While it may seem like putting a tracking anklet on an offender is a violation of their privacy, the violence perpetuated by these criminals and the abuse suffered by their victims totally justifies such a measure. The anklets become active once a threshold is crossed around the safe zone of the aggressor's target, so the aggressor isn't tracked 24/7. The victims in this program deserve the peace of mind that these measures provide, so the program needs to be continued beyond the summer review period reinstated in order to continue to provide tangible benefits for the RCMP and abuse victims.

The program is straightforward: it targets specific types of offenders — who have strict no-contact orders with their victim — and notifies the RCMP if someone being monitored gets within a certain distance of a victim's home. In one



STRAPON Monitoring violent offenders is always a good thing.

SUPPLIED

case, the monitor distance was set to 100 metres outside the domicile. Often the targets are given their own small GPS devices, which come equipped with a panic button in case a dangerous situation arises. So far it's been successful. During the time that the program has been active, it hasn't been the

victim's responsibility to notify the police if she's in danger, because the GPS anklet would activate within a certain perimeter. The notification system provided peace of mind to the battered women because they don't have to constantly be on the watch for offenders. It also helped to provide alibis to parties

involved in the case of a dispute or accusation.

With so many benefits, it's appalling that there was no process in place to renew the program upon its running out of funding. Even though it was extended, this only happened because there was such an uproar upon he program being

canceled, pending a review. Making sure there's follow-through is especially important in situations like this, in which red tape and other minute details can have a tremendous effect on the safety of the people involved. Lacking the monitoring system and the immediate culpability that it provides, aggressors have no consequences to keep them from going after these women again, and after being under watch for three years, might immediately take the initiative to do so now if the program ends during the summer and they are no longer being watched.

Clearly the program needs to be extended further, perhaps with additional measures to ensure victim safety and improve the effectiveness of the program. Under the pilot project, the anklets don't work once outside of Red Deer, and the distance is limited, so survivors are limited to that locale and even then to a small area around their homes and workplaces. If the range for the anklets were increased and they were linked to the GPS monitors that victims carried on their persons, it would be easier to ensure that both parties were not in contact, even if the victim were at a supermarket or other public place. Likewise, if the program were more widely instituted, the price per unit for the GPS anklets would decrease, making it more practical overall and increasing its effectiveness. While such measures might seem extreme, there really isn't a more practical way of ensuring the safety of women who have repeatedly been abused and are without a guarantee of safety if the RCMP aren't in a position to help before anything happens. In the interests of preventing these types of dangerous situations, this solution makes the most sense.

#3LF

three lines free

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I suddenly have a strong desire to read The Jungle Book. What part of the library is Kipling in?  
I'll meet you there.  
And this is where I went to school, most of the time had better things to do  
One kid seems to LOVE the speedo man.  
To the girl in BLAW 301 at 12 MWF... How about you try eating food that isn't so loud you can hear it from everywhere in the class? It's gross and distracting. I honestly don't want to be able to hear your progress through your lunch all class.  
What doesn't kill you makes you stronger...  
This will be the last "Butts" of the year. It has been an honor to der ve you all.  
REMEMBER! DOGS ARE NOT ALLOWED IN THE DOG PARK... THE DOG PARK SHALL NOT HARM YOU!  
my wife, her vajin hang loose like sleeve of wizard  
wizards never die  
dicks  
Never say goodbye. Never say goooooodbyyyeye  
that is definitely tight butthole  
Genuine chocolate face, no make up!  
I don't have time for that.  
Who wants some potato salad? I have potato salad?  
auch

November Nine Will be Nationwide Cappuccino Day  
Dear You,  
You pointed out something that made me really self-conscious so do you really blame me for wanting to get it fixed before sleeping with you? I was ready. You didn't wait so don't make this my fault.  
Sincerely, Her.  
What an asshole. You don't need him, her.  
Missed Connection: I dream at night. So far away from here.  
The land start producing espresso it is a great notion to employ a temperature gauge speculate before long while competent brevile espresso machine review you may use your hands on the side of the particular pitcher to evaluate if it is scorching enough.  
Would you like to drink some weird soda? I would not  
Scrotumantium  
I wanna tell her that I love her a lot, but I've got to get a belly full of wine.  
Her majesty's a pretty nice girl, some day i'm gonna make her mine  
I love coke balls  
Why doesn't fashion streeters ever include hoodies and sweatpants? It doesn't represent students at all!  
Fuck. I know, Right?  
We'll be having a year end 3LF party here nect week. It's BYOB and everyone has to bring their own lawn chair.

I'm 20 years old and still a virgin... please tell me I'm not the only one at university who's still a virgin!!! Sometimes I feel like I am!  
You are literally the only person who is still a virgin.  
Remember, if you can't love yourself, how in the hell are you gonna love somebody else? Can I get an Amen?  
Amen  
Exams, Exams, calling all Exams!  
Please, DO come over.  
Feast upon my sleep.  
No, don't worry, eat as you like, you ARE my [biyearly] guests after all. :) Beautiful  
"I do not need someone to complete me but if you wanted to we could walk next to each other into whatever is coming next."  
I'd love to bone in a hammock under a red moon on the night of the eclipse... but I have no one to make love to...  
Make love to yourself. You're your own best friend.  
Vagallenger  
Someone turn up the snare in my hedphones. I ain't got no snare  
lunar eclipse on april 14-15 will be a blood moon  
Left my things in the computer lab in CCIS last Friday. It was still there on Monday. A thank you is required for those who didn't take them.  
I will eat your face

Cashew Chicken and Coconut Rice Picnic  
The vegetables from the Subway in HUB taste like dirt, actually.  
Vegetables grow in dirt, you idiot.  
My time here is done! Peace out bitches!  
This commercial's gonna make me famous.  
I wanna run  
I wanna live  
I wanna come  
I wanna give  
Ohhhhhhhh ohhhhhh Ohhhhhhhh, ohh god Iiiiiieeeeeiiiiii  
Hey SU can you buy me some fresh condoms? The dispenser in basement SUB expired in 2000 and that ain't safe.  
To the one who calls him/herself '43': why have you stopped leaving beautiful poems and bizarre drawings on 4th floor Cameron?  
Bus drivers: when it's cold out, turn up the heat. When it's warmer out, turn down the heat. Not the other way around - is this really that complicated?  
Bus drivers: when it's cold out, turn up the heat. When it's warmer out, turn down the heat. Not the other way around - is this really that complicated?  
Anyone else want to see a PC Leadership Battle Royale on SUB stage? "Horne hits Griffiths with the steel chair!"  
I want a scorpion jacket

Kalopsi  
Who is John Galt  
Hey ETS, if you can drop 3 people off the bus you can fit 3 more on. Thanks for the forstbite.  
Carrying a Holt Renfrew shopping bag doesn't make you look wealthy, just retarded. When is the world going to stop holding narcissism as a key characteristic of "the better people".  
Has no one noticed the awesome tables in 1st floor Ruthorford North? And fuck you girl beside me complaining that she hasn't gotten an A+ yet. C's get degrees BIIITCH.  
I have a pretty great girlfriend  
Keep on smiling folks. It's going to be a beautiful week and the end of the year is in sight, you can make it!  
Can we not have 4 midterms in 1 day? I mean, one is enough, 2 is manageable, 3 is borderline crazy, but 4???? What the fuck?  
You won't catch disease  
Using a public toilet  
Stop wasting T.P  
The Gateway reserves the right to refuse publication of any 3Lf it deems racist sexist, libellous, homophobic, or otherwise hateful in nature. Nature is not hateful. Except tornados. Those things will fuck your shit up. I saw one in 2004 — it was near my grandpa's farm. At the time I was pretty scared but looking back on the experience, it was cool to see one close up.



# Thank you for a lifetime full of wonderful memories



I'm about to walk out the door and call it a day on my illustrious *Gateway* career. It's been two years worth of laughter and tears, but there's a few things I need to get off my chest before I hang up my hat. There are some things about this job and my personal life I need to say out loud for the sake of keeping my sanity.

First, I want to say I'm aware that I have a reputation of being an unsavoury campus character. I know I'm seen as a bit of a Grumpy Gus, a Negative Nancy and above all, a man who hates children. I want to take this opportunity to say that none of that is true.

■ **To be honest with you, I don't even recognize myself in the mirror anymore. Two years ago, I used to be a bright, chipper young lad with his whole future ahead of him.**

For the record, I don't hate children — not in the slightest. To tell you the truth, I only wrote those dumb articles because I thought you would find them funny. I saw this comedian once who made jokes about how children were annoying and stupid. I thought it was funny.



**WHAT HAPPENED TO YOU** You've become so ugly.

so I just copied him in a desperate attempt to win your approval. I realize now that it was neither funny nor entertaining, so I apologize for that.

In actuality, I absolutely adore small children. I actually have four of my own with various mothers. A provincial judge recently ordered me to spend one weekend of the month with each of them, and I'm always counting down the days until I get to spend my time with those little bundles of God's good-

ness. I wouldn't want them to know I wrote such horrible — untrue — things about them, so I'm trying to make amends. I want to be the kind of man my litter of children can look up to and so far, I haven't been that man. It doesn't matter that all they do is cry, make noise and stink up whatever room they're in — children are wonderful little miracles that we should nurture and love.

For the past two years, I've also been spreading slanderous lies about

the elderly. In past articles, I've often poked fun at the fact that old people are sickly looking, can't move well and are generally just a nuisance to society. Although most of that is true, it was wrong of me to point it out in such a comical fashion. The truth is that elderly people are wise and many of them can still perform day-to-day tasks. I want to take this chance to sincerely apologize to the elderly community. I realize that one day I too will be a decrepit skeleton, covered in a thin layer of leathery skin like you.

Aging is a disease that affects all of us and I had no right to point out the idiosyncrasies of the aged.

To be honest with you, I don't even recognize myself in the mirror anymore. Two years ago, I used to be a bright, chipper young lad with his whole future ahead of him. After two years in this job, I've become an overweight slob with chronic armpit sweat stains — that's what this job does to you.


Being the Opinion Editor is a lot like being the lonely, friendless kid in junior high who will say anything just to get a laugh and some attention. That's a role I know all too well. I just wanted people to like and accept me. I just wanted people to tell me I was doing a good job. That's why I wrote such egregious opinions — I was pathetically hoping it would make you call me your friend. I was wrong.

Now that I've gotten all of that out in the open, the healing process can begin. I will no longer be that angry curmudgeon who criticizes people for wanting to do things their own way. Now that I'm done with *The Gateway*, I'm going to devote myself to a life of charity and helping others. I'm going to volunteer at old folks' homes, helping to spoon mashed peas and potatoes into their half-open, comatose mouths. I'm going to volunteer at the pre-school near my house, helping to tie little kids' shoes and clean up the snot and vomit stains they'll no doubt put on everything.

Chastising others will get you nowhere in life. Unfortunately, that's a lesson I learned much too late. It's my wholehearted hope that the campus community will forgive me and welcome me back with open arms. I'm sorry. I love you.

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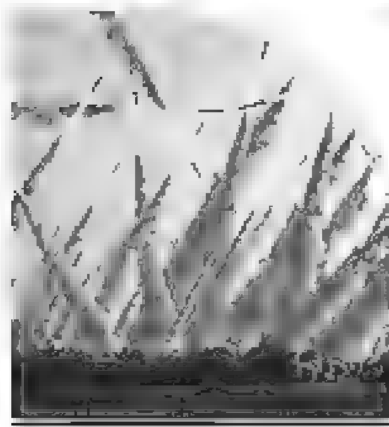
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## Things we should have learned



**Opinion Staff**  
GROUP COMMENTARY

The school years seem to be going by faster and faster. There were probably a number of things we should have learned in class this year, but we didn't pay attention. *The Gateway* has compiled a list of lessons we should have remembered.

### Hannah Madsen

Doing laundry is a common chore associated with living on your own, and sometimes it comes with its own unique complications. It's also something I should have learned. Remembering which clothes have to be washed with which colours and on which temperatures is bad enough, but I frequently find that I forget to clean out my pockets, too.

After catching tubes of lipstick in my jeans' pockets on more than one occasion right before everything went into the washing machine, you'd think that I would have learned to check my pockets every time I did laundry — but no, I haven't. Now I have experienced the final outcome of my repeated mistake: one such tube of lipstick dissolved and melted all over my clothes in the dryer yesterday.

Bath towels? Ruined. Best — and only properly-sized — pair of work pants? Covered in rose splotches, which are super-obvious despite the slacks themselves being black. My favorite jeans escaped unscathed somehow, but just about everything else from that load is ruined. To make matters worse, the clothes went through the dryer twice, so the lipstick stains are stuck in my clothing and towels for good.

Even after this, I'm sure that this exact situation is doomed to repeat itself, because there are so many

more things that get prioritized before cleaning out my pockets and putting my jeans in the laundry. Hopefully the next forgotten item is just a tin of Carmex, rather than an almost-brand-new lipstick with a loose cap.

### Helen Quevillon

This year I should've learnt how to spell properly and use proper grammar. Both are skills that I have struggled with for years and if it wasn't for spell check and autocorrect I would struggle to a much greater degree to communicate in written forms. Just the thought of spelling tests in grade school terrified me and I was very happy when I got placed in special, more focused English class with the hope that I would be able to one day spell.

Somehow I have made it this far still lacking the ability to spell, though I do know how to use a dictionary to find words even when I have no idea what letter they start with. I have rewritten entire sentences to avoid using words I can't figure out how to spell or to prevent myself from using strange grammar rules. Well I'm aware that; have a use I'm still not clear with how or when to use it. The difference between dashes, emdashes, endashes, and hyphens still eludes me, though I don't think I'm unique with that.

I have no doubt that my editors love my inability to spell words in English or understand some of the more obscure grammatical rules. It's part of what makes my writing "special".

### David Kim

It's a lesson we learn young: bumping into teachers outside of school is weird. What should be a passing exchange of pleasantries quickly devolves into an awkward exchange, nearly always starting with a long, drawn-out: "So..." This was a lesson I had forgotten.

A few Fridays ago, I saw my prof

kicking back with some friends on Whyte. I visit her office hours often. Thinking — stupidly — that she might recognize me, I said hi but she had no clue who I was. It was humiliating. Eventually, she recognized who I was, but I wish she hadn't as it led to a painfully forced conversation which ended with her walking away looking rather defeated. I think I ruined her night.

Unless you have a friendly relationship beyond the classroom, know that profs are not eager to befriend students. They don't want to talk about your project due on Monday just because it is the only common ground for conversation between you. They're people. They want to get home and unwind after a long week of dealing with you.

So when you see teachers outside your natural place of interaction, let them be. Otherwise, you'll have to weigh the options between another awkward encounter or getting your questions answered a week before finals.

### Darcy Ropchan

I say the same thing every year, but I suppose I really should have learned how to manage my time better.

To give you a little insight into my life, I'm a chronic procrastinator. It's become a detrimental, life-destroying problem for me. I'll get an assignment from my prof three months in advance, but for some reason, I just can't get going until around 24 hours before it's due.

I'll inevitably have to pull a caffeine and rage-filled all-nighter where I attempt to write a 15-page paper in under six hours. With blood, sweat and a whole lot of tears, the paper somehow gets done.

Perhaps the worst part about all of this is that I end up getting a decent mark on the paper — a decent mark in my opinion, anyways. I obviously don't want to fail an assignment, but it seems like I may never learn my lesson.



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A l'Université d'Ottawa, le Consortium national de formation en santé (CNFS) contribue à offrir un accès accru à des programmes d'études dans le domaine de la santé, aux francophones issus des collectivités en situation minoritaire.

Consortium national de formation en santé  
Volet Université d'Ottawa

Ce projet a été rendu possible grâce à une contribution financière de Santé Canada

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# How to choose between *Pokémon Red* or *Blue*

I've got nothing but *Pokémon Red* dancing in my head



Ryan Bromsgrove  
POINT

*Pokémon Red* is and always was the choice of the true Pokémon Master.

I mean, the fact that there's a dragon with fire on his tail right on the cover says it all. No, it's not actually an in-game dragon type, but Charizard looks the part anyway and will absolutely wreck your shit. But really, all I have to say is one word: flamethrower. This guy learns it naturally and it's a reliable workhorse all through to the post-game. Meanwhile, what does *Pokémon Blue*'s mascot Blastoise learn? Water Gun? Weak as it sounds. Hydro Pump? Late in the game, and misses all the time. Not only that, but water Pokémon are more abundant than Officer Jenny at the Fifth Annual Kanto Region Police-women's Ball.

But don't trust me, let's consult the Pokédex on these guys. Blastoise: "A brutal Pokemon with pressurized water jets on its shell. They are used for highspeed tackles." All this tells me is the dude obviously doesn't know how water cannons are supposed to be used. Meanwhile, Charizard "spits fire that is hot enough to melt boulders. Known to cause forest fires unintentionally." Screw your high speed tackles — Charizard makes rock soup and destroys forests without even trying.

Okay, sure, both of these Pokémon are actually available in both games as starters, but if you get Blue and you pick Charmander, you should probably do some long, hard thinking about your life and how you got to that moment. Then, take your cartridge, find some kid who doesn't know any better and execute the only smart Pokémon trade available: Blue for Red entirely.

Let's look at the version-exclusive Pokémon. In Red, you've got bad boy Scyther. His arms

are scythes. Scythes. What's his corresponding friend? Pinsir. Some loser with pincers. What are pincers going to do when there's a scythe blade between them?

*Blue*'s got Ninetales, and those nine tails are just nine opportunities for the monstrous Arcanine to pin it down before obliterating it. In the grass group, we have the Vileplume group versus Victreebell. Not even a contest. For one, Vileplume has legs.

I could go on for all of the exclusive Pokémon, but just one more duo: Red's Electabuzz versus Blue's Magmar. On the one hand, you have a badass yellow and black electric fuzzy thing that hangs out at power plants and causes blackouts. If you didn't want a Pikachu because it's so overplayed, and you're avoiding Zapdos because you have a god damn sense of honour, Electabuzz is a great choice for an electric team member.

Meanwhile, Magmar? Looks like a melted duck. And you already have a solid fire team member because you chose Charmander at the beginning, like a winner.

The only downside to Red being so good is that because it was clearly so good, you might not know anyone with Blue with whom to trade to fill out your Pokédex. Or you might have to give them a little something better than a freshly caught Red exclusive in order to get that Sandshrew. But if the price for greatness is putting a bit more work into filling out the Pokédex, then so be it. You only get a stupid in-game certificate for doing it anyway.

But really, with the best mascot and best exclusive Pokémon, Red is the superior option. So head on over to Amazon, get yourself a Gameboy and a copy, and play the shit out of it with the knowledge that owners of Blue are secretly sadder than Ash after you threw a Thunderstone at his Pikachu. They might put up a good front, but they're weeping inside. *Pokémon Red* is and always should be the choice of the true Pokémon Master.

*Pokémon Blue* is surely the video game to choose



Petros Kusmu  
COUNTERPOINT

I was always a little different when I was younger. In junior high and high school, I was that skinny black kid who loved punk music, skate-boarded and was terrible at basketball. Sure, I got teased at times, but I took solace in the fact that I strayed from the mainstream and society's expectations of my identity.

While this story may not seem to relate to the topic at hand — *Pokémon Blue* versus *Pokémon Red* — it actually does.

A quick scan on eBay will show that a *Pokémon Blue* cartridge is, on average, more valued than *Pokémon Red*. Sure, Squirtle is significantly stronger than Charmander in beating Brock's Onyx at the first gym leader battle. And of course, in the real world, Blastoise's high-pressure water tanks would easily render Charizard's fiery strengths useless.

But beyond all of these points is an even deeper argument in favour of *Pokémon Blue* — it's the "alternative."

Now, you're probably asking yourself, "how we got here?," to this place where *Pokémon Red* is commonly regarded as the "better" Pokémon game without much evidence. Well, *Pokémon Red* proponents love to tout their exclusive selection of Pokémon as proof of their dominance while blindly discounting *Pokémon Blue*'s amazing Pokémon, such as, Ninetales, Magmar and Persian. *Pokémon Red* has also always been praised as the better Pokémon game due to its sexy-looking mascot, Charizard. Sure, a dragon is a sexier mascot than an enormous turtle rigged with water tanks, but that's where their dominance in the debate on which Pokémon game is better ends.

To better understand my argument in favour of *Pokémon Blue*, think of *Pokémon Red* as that obnoxious person in your class whose fragile ego leads them to consistently boast about their relatively insignificant achievements to anyone who will listen. On the other end, odds are that *Pokémon Blue* is a lot like you — the average Gateway reader. You're humble, smart — well, relatively speaking since you're in university — hard-working, well-meaning and pretty chill. You were probably the kid in junior high and high school who didn't succumb — or at least tried not — to mainstream trends. For instance, maybe you were that kid who rocked to Nirvana while everyone else was still raving over Green Day's *American Idiot*.

Well, *Pokémon Red* proponents love to tout their exclusive selection of Pokémon as proof of their dominance while blindly discounting *Pokémon Blue*'s amazing Pokémon, such as, Ninetales, Magmar and Persian.

In fact, you might consider yourself pretty unique. Perhaps even "alternative." This isn't the everyday man's Pokemon.

*Pokémon Blue* versus *Pokémon Red* is about more than which game is better. It's a mark of one's identity. Society all too often rewards those who are loud, and that's the case with *Pokémon Red*. It's about time those of us who champion *Pokémon Blue* say enough is enough and proudly proclaim that *Blue* is the very best.

WRITING

More fun than a fall reading week.

OPINION

gateway opinion

OPINION MEETINGS THURSDAYS AT 4 P.M. AT 3-04 SUB

GETTOWN CA



# READER SURVEY

It's your turn to let us know what you think about *The Gateway*. Is it a well-deserved weekly institution at the U of A or worthless rag? Liberal, hippie nonsense or safe, conservative propaganda?

Complete this survey and hand it in at *The Gateway's* office in SUB 3-04, or fill it out online at [gtwy.ca/reader\\_survey](http://gtwy.ca/reader_survey) and you could win prizes!

**How often do you read *The Gateway*?**

- ☐ Rarely
- ☐ Monthly
- ☐ Twice a month
- ☐ Weekly

**How often do you read *The Gateway* online?**

- ☐ Rarely
- ☐ Monthly
- ☐ Twice a month
- ☐ Weekly

***The Gateway* publishes:**

- ☐ Too many issues
- ☐ Not enough issues
- ☐ Just enough issues

***The Gateway's* issues are:**

- ☐ Too big
- ☐ Too small
- ☐ Just right

***The Gateway's* ad-to-content ratio is:**

- ☐ Too high (too many ads)
- ☐ Too low (could stand for more ads)
- ☐ Just the right balance

**With 1 being your favourite, rank the sections of *The Gateway* from 1-6:**

- \_\_\_ News
- \_\_\_ Opinion
- \_\_\_ Arts and Culture
- \_\_\_ Sports
- \_\_\_ Features
- \_\_\_ Comics
- \_\_\_ Multimedia
- \_\_\_ Blogs

**On average, how long do you spend reading/viewing each section of *The Gateway* (in minutes)?**

- \_\_\_ News
- \_\_\_ Opinion
- \_\_\_ Arts & Culture
- \_\_\_ Sports
- \_\_\_ Features
- \_\_\_ Comics
- \_\_\_ Blogs
- \_\_\_ Multimedia

**What type of *Gateway* news articles do you read the most? (circle one)**

- Campus News
- Local News
- National News
- Streeters
- Science and Technology
- People profiles

**What type of opinion articles do you read the most? (circle one)**

- Political commentaries
- Humour/satire
- Student life
- Weird/random musings
- Point-Counterpoint

**What type of Arts & Culture articles do you read the most? (circle one)**

- Film
- Theatre
- Music
- Gaming
- Visual Arts
- Commentaries
- Food

**What type of sports articles do you read the most? (circle one)**

- U of A Golden Bears/Pandas' coverage
- Edmonton sports coverage
- Player profiles
- National/International sports commentaries

**What did you think of *The Gateway's* use of glossy pages this year?**

- ☐ Those pages looked great, I'd love to see more
- ☐ It didn't make a different to the paper's look
- ☐ I didn't like this addition
- ☐ I didn't even notice you guys changed. When did this happen?

**Are you aware that University of Alberta students pay a \$3.31-per-term student levy (\$0.42-per-spring-and-summer-term levy) to help fund *The Gateway*?**

- ☐ Yes
- ☐ No

**What type of levy increase would you be in favour of to better support future *Gateway* endeavours?**

- ☐ None (pay for your paper your damn selves)
- ☐ \$1.00 (\$4.31 per term)
- ☐ \$2.00 (\$5.31 per term)
- ☐ \$3.00 (\$6.31 per term)

**What new ventures would you like to see *The Gateway* use this levy increase on?**

**Are you aware that *The Gateway* is autonomous from the SU and University of Alberta?**

- ☐ Yes
- ☐ No

**Are you aware that any student can volunteer for *The Gateway*?**

- ☐ Yes
- ☐ No

**Are you aware that *The Gateway* will publish four online-exclusive issues this summer (once per month)?**

- ☐ Yes
- ☐ No

**Are you aware *The Gateway* published its first annual magazine this year?**

- ☐ Yes
- ☐ No

**What was your opinion of the overall quality (in content and design) of *The Gateway's* first magazine, *The Good Life*?**

**What would you like to see done differently in future magazines?**

## Print Edition:

How convenient do you find <i>The Gateway's</i> distribution points?	1	2	3	4	5
How would you rate this year's news section?	1	2	3	4	5
How would you rate this year's opinion section?	1	2	3	4	5
How would you rate this year's Arts & Culture section?	1	2	3	4	5
How would you rate this year's sports section?	1	2	3	4	5
How would you rate this year's features?	1	2	3	4	5
How would you rate this year's comics?	1	2	3	4	5
How would you rate this year's illustrations?	1	2	3	4	5
How would you rate <i>The Gateway's</i> photography this year?	1	2	3	4	5
How would you rate <i>The Gateway's</i> layout and design this year?	1	2	3	4	5
How would you rate <i>The Gateway's</i> coverage and representation of:	1	2	3	4	5
Women and women's issues?	1	2	3	4	5
Visible minorities and minorities' issues?	1	2	3	4	5
Undergraduate students and lifestyle?	1	2	3	4	5
Local issues and Edmonton lifestyle?	1	2	3	4	5
SU policy and administration?	1	2	3	4	5
University policy and administration?	1	2	3	4	5
Generally, how would you rate <i>The Gateway's</i> relevance to students?	1	2	3	4	5
Overall, how would you rate <i>The Gateway</i> this year?	1	2	3	4	5



# Website:

How would you rate <i>The Gateway</i> 's website navigability and ease of use?	I	2	3	4	5
How would you rate the design?	I	2	3	4	5
How would you rate the timeliness of its content?	I	2	3	4	5
How would you rate the search and archiving functions?	I	2	3	4	5
How would you rate the photo galleries?	I	2	3	4	5
How would you rate the blogs?	I	2	3	4	5
How would you rate the multimedia integration (podcasts, etc.)?	I	2	3	4	5
How would you rate the email newsletter?	I	2	3	4	5
How would you rate the online archives?	I	2	3	4	5
Overall, how would you rate <i>The Gateway</i> 's website?	I	2	3	4	5

# Bonus Lightning Double Jeopardy Round:

How did you first find out about *The Gateway*?

What about the paper makes you want to pick it up?

If you or someone you know has decided to stop reading *The Gateway*, what were the reasons?

What would you like to see more or less of in *The Gateway*?

What improvements would you like to see to *The Gateway*'s website?

What should each section of the paper do that it currently doesn't (news, opinion, arts & culture, sports, features, comics)?

What was the best article, photo and/or illustration in *The Gateway* this year?

What was the worst article, photo and/or illustration in *The Gateway* this year?

What were the best/worst front covers that *The Gateway* ran this year?

Who are your favourite *Gateway* writers/photographers/illustrators? Why?

Have you ever thought about volunteering for *The Gateway*? Why or why not?

Do you prefer to read *The Gateway* in print or online?

If you're a returning student, do you think *The Gateway* has gotten better or worse since you started reading it? Why?

Please add any additional comments here:

# Student Information:

Where do you live?

- ☐ At home
- ☐ On campus
- ☐ Off campus

How old are you?

Are you:

- ☐ Male
- ☐ Female
- ☐ Other

What's your faculty/program?

What year?

Email:

Would you like to be added to *The Gateway*'s weekly newsletter?

This survey is completely anonymous, but prizes will be awarded to randomly drawn surveys.



# The Future of CIS

Written by Atta Almasi • Photos by Blake Fensom, Randy Savoie, Joel Malina, Daniel Yoo, Miguel Aranas, Kevin Schenk and Amanda Wang • Design by Anthony Goertz



**W**hen the Canadian women's hockey team won gold in a 3-2 overtime comeback against the United States at the Winter Olympics in Sochi this past February, only five of the team's 21 players had actually pursued their post-secondary education and hockey developmental training in Canada.

To those unfamiliar with hockey and Canadian Interuniversity Sport (CIS), the country's premier governing body for university-level athletics, this might be surprising. But those who've watched the CIS organization over the years know it's always struggled with its ultimate purpose as a top sporting organization, and how it effectively communicates that purpose to both athletes and Canadians in order to recruit them.

In an attempt to fix this, a trio of important motions were passed by CIS' 55-member institutions meeting this past November — the most important being a five-year strategic plan looking to address the existential role of the organization. It was the first step in CIS getting its act together, as they began to determine what they were and what they weren't in terms of being a high-level sporting organization.

Ryerson University's athletic director, Ivan Joseph, was an important contributor to the creation of the plan given the university's recent investment into their athletic program.

"I think the strategic plan is to say, 'This what we do. This is what the CIS is about,'" Joseph said. "When they do that

— when they do that articulately — then people can make the decision on what they want. What I would say is that (the plan) clearly articulates what our message is. It clearly has the role of academics and the student-athlete experience at the forefront."

The strategic plan, in which the organization outlines its goal to become "the world leader in university sport," has been hailed by CIS CEO Pierre Lafontaine as marking the start of a "new era" in Canadian university sport. Its aim is to "inspire Canada's next generation of leaders through excellence in sport and academics" over the next five years by proposing a series of steps and initiatives that include improving the organization's human resources, increasing

The shift in focus has many athletic directors, including Joseph, believing the future is bright for both his own and CIS' other member institutions, and that it will create a better environment for all the athletes involved.

"When I think about the CIS (saying it) wants to be a world leader in university sport ... I always think about the way the student-athlete is reflected in that conversation," Joseph said.

"For me, that means that the people who chose to play sport at the CIS level are tops, not just in their athletic endeavours, but in their academic pursuits. And you'll see a strong link; the people who go on to have excellence in their professions whether it's the governor general of Canada, or the prime minister of your country or the CEO of your company, they would have seen the role that university sport played in developing the soft skills, the leadership, the discipline, the time management, the perseverance, the grit, the self-confidence, in making them the truly top professionals they are."

In addition to the strategic plan, CIS also unveiled its intention to launch two other initiatives — namely the eligibility repatriation rule and a proposal known as the women's hockey pilot project. The initiatives hope to help CIS become a world leader

in university sport by combating the growing endemic of elite-level Canadian athletes opting for the greener pastures of the U.S.-based National Athletic Collegiate Association (NCAA) after high school. At this spring's NCAA March Madness basketball tournament, for example, many of the top athletes playing — such as the University of Kansas' Andrew Wiggins and Syracuse University's Tyler Ennis — were Canadian born and raised athletes who forwent CIS to play in the NCAA.

The first of these two additional initiatives, the eligibility preparation rule, seeks to offer more of a reprieve to Canadian student-athletes who are currently penalized by CIS for initially choosing to play in the NCAA but later returning to Canada to play. The new rule will get rid of the current one-year restriction on Canadians transferring back to CIS from NCAA institutions, enabling them to play right away.

For many former NCAA athletes, such as Canadian Olympic women's soccer team captain Christine Sinclair, the eligibility preparation rule will be helpful for those athletes who become disenfranchised with playing south of the border and who would be better off returning back home or staying there in the first place.

"I know programs within Canada are improving, but we still can't compete with the American university system (and) what they have (in terms of) the funding and resources," said Sinclair, a University of Portland alumna.

The people who go on to have excellence in their professions whether it's the governor general of Canada, or the prime minister of your country or the CEO of your company, they would have seen the role that university sport played in developing the soft skills, the leadership, the discipline, the time management, the perseverance, the grit, the self-confidence in making them the truly top professionals they are.

—Ivan Joseph

fan attendance at their games, making a product that's attractive to potential sponsors and media groups and better integrating university sporting programs with national sporting organizations.



"I knew I was going to go down to the States just because the opportunities down there are so much greater. But at the same time, I do feel that a lot of Canadians go down and they're not in the right environment ... I think those players could stay in Canada and probably get more out of that."

The women's hockey pilot project, the second of the two additional CIS initiatives passed in conjunction with the Strategic Plan, hopes to offer better scholarships for female hockey players choosing to stay in Canada by offering the same kind of scholarships that elite-level players receive from the NCAA. Like many women's hockey programs across Canada, the University of Alberta Pandas hockey team has seen first-hand the impact of losing talented recruits to the supposedly superior opportunities the NCAA presents. NCAA schools can already offer scholarships that cover close to the entire real cost of a student's tuition, board and books, and now CIS' proposed women's hockey initiative will allow Canadian university's to do the same.

This decision has been met with great enthusiasm from those involved with the Pandas at the University of Alberta, and particularly from Pandas hockey head coach Howie Draper, who feels it will increase the stature and competitive level of their sport as well as help them build a national team down the road.

"Time will tell if the changes to recruiting regulations will keep our best players in Canada, (but) what's most important is that the CIS is trying something new rather than sitting around complaining about losing those (elite-level) players," Draper said. "If we can keep only a few of these top players here in Canada, then that might

entice other strong players to stay as well.

"We have to start somewhere and I think this is a good place to do it."

The dean of the university's Faculty of Physical Education and Recreation, Kerry Mummery, agrees with Draper, adding that the fact that the country's best hockey players were choosing to play in the U.S. was "a bit disappointing" and "unusual" considering hockey is Canada's national sport.

For former Pandas hockey captain Sarah Hilworth — now an assistant coach on the team — and current captain Katie Stewart, the prospect of their sport potentially becoming more competitive with more top players to ply their talents at CIS institutions makes them excited to see the results of the initiative.

"The NCAA ... has forever been the first choice for the top athletes to go to, but I think this pilot program from the CIS will really give us a fighting edge in being able to recruit those top players," Stewart says. "And from experience, we've found that once you get the first couple, then more and more people want to start staying in Canada, so I think this will be an awesome opportunity for women's hockey."

Acting on the advice of Hockey Canada, experts from the sports' national governing body who suggested this move to CIS, many of CIS' member institutions are in agreement that the addition of Canadian scholarships will help make women's hockey more competitive and fulfill the goals of the strategic plan. However, Mel Davidson, a head scout and former head coach of the 2006 and 2010 Olympic gold-medal winning women's national hockey teams, says although the women's hockey pilot project is a good start, it's only the first step to creating the functional developmental level the national team would need to recruit more players from CIS to compete in the Olympics.

"Scholarships (are) a good start, but ultimately human resources are needed," the former U of A student says. "Not every CIS women's team has a full-time head coach and even fewer teams have full-time assistant coaches. Then there (are) therapists, equipment managers, strength and conditioning coaches, etc. Extra money for the athlete is good, but if they are not surrounded with professional support, it won't be enough."

Even though Joseph sees the strategic plan, eligibility preparation rule and women's hockey pilot project as positive steps in the right direction, he agrees with Davidson about the harsh reality that these plans will cost more money.

Not all schools are as on board with that part, with recent plebiscites and student referendums failing after asking

students for more money at schools such as the University of Alberta and University of the Fraser Valley. As the man behind Ryerson's successful 2009 referendum, Joseph recognizes that for these initiatives to work, CIS and its members have to hammer home the fact that athletic referendums can benefit everyone, not just student-athletes. For him, it's not necessarily about keeping every Canadian

Time will tell if the changes to recruiting regulations will keep our best players in Canada, (but) what's most important is that the CIS is trying something new rather than sitting around complaining about losing those (elite-level) players," Draper said. "If we can keep only a few of these top players here in Canada, then that might entice other strong players to stay as well."

—Howie Draper

athlete in CIS, but about giving the ones who do stay the best experience possible.

"There are many challenges to the funding of athletics, and referendums are (one) avenue or way to make sure that funding is increased," Joseph said. "But again, it's on the backs of students, so you've always got to be mindful of what is a fair and reasonable increase... Students are smart and savvy consumers, and I think they're willing to pay for something if it's proven value."

"I don't think they're willing to pay if it's to try and create winning teams, that's not the reason that a referendum should be had."

In terms of how these CIS proposals could affect the U of A, Mummery says they will help build up the sports system on campus, which is already one of the best in the country for recreation. With a high-performance training facility like the Saville Centre, Centre for Canada Basketball, Centre for Canada Volleyball, Centre of Excellence for Curling and Centre of Excellence for Tennis all located on campus, Mummery feels these steps will only enhance the student experience.

"We are starting to be a virtual institute of sport, so everybody benefits from that," he said. "Our athletes benefit from that, but, (just) as importantly, our academic mandate benefits from that because the students learn in that rich environment."





# Arts & Culture

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A & C meetings Wednesdays at 4 p.m.  
in 3-0 4, SUB. C'mon by!

## social intercourse

 COMPILED BY **Jennifer Robinson**  
and **Paige Gorsak**

### Florida Georgia Line

 Tuesday, April 15 at 7:30 p.m.  
Rexall Place (7424 118 Ave.)  
\$39 – \$59 at ticketmaster.ca

“Baby you’re a song, you make me wanna roll my windows down and cruise.” If that song wasn’t the soundtrack of your summer last year, you were doing it wrong. That said, there’s no better way to kick off summer 2014 than by seeing the band behind that song live. Florida Georgia Line, the Country Music Association’s 2013 Vocal Duo of the Year, will be cruising through Edmonton this month just in time to celebrate the end of the semester. The country duo has become famous for their hits such as “Cruise,” “Get Your Shine On” and “Round Here,” which were all certified as Platinum. They’re bringing their country filled party to Edmonton and you won’t want to miss it.

### Peter Asher’s British Invasion

 Saturday, April 12 at 7 p.m.  
Century Casino (13103 Fort Rd.)  
\$49.95 at edmonton.cnty.com

From their accents to their iconic musical styles, the folks from across the pond in Great Britain have been a cultural touchstone for centuries. Peter Asher, formerly of the duo Peter and Gordon, has been on the music scene since the ‘60s, and has nine top 20 albums with Peter and Gordon to his name. They even recorded a song by Paul McCartney, written specifically for the duo. Since the disbanding of the pair, Asher has gone on to become a well-known producer and make a name for himself as a solo artist. His concert brings the promise of the familiar ‘60s Britpop we all know and love.

### 2014 Edmonton Music Awards

 Sunday, April 13 at 7:30 p.m.  
Royal Alberta Museum Theatre (12845 102 Ave.)  
\$20 at yeglive.ca

We all know that #yeg is filled with some amazingly talented musicians, singers and bands, and the Edmonton Music Awards are a celebration of those bright stars. The awards will feature performances by Chloe Albert, Brian Finlay, Chandelle Rimmer, Two Bears North, Brothers Grim, Russ Dawson and Rend, and will reward some of Edmonton’s finest as well as showcase the hidden gems within the city. The awards to be handed out include Artist to Watch, Group of the Year and awards for Best Recording of the Year for various genres such as rap, roots and jazz.

### Mump & Smoot in “Anything”

 Runs Thursday, April 10 – Sunday, April 27 at 8 p.m.; Sunday matinées at 2 p.m.  
Featuring Michael Kennard and John Turner  
Directed by Karen Hines  
Roxy Theatre (10708 124 St.)  
\$23 – \$25 at theatrenetwork.ca

University of Alberta drama professor Michael Kennard doubles as a professional clown in the duo Mump & Smoot with John Turner. Coming up this month, the eerier not-for-children clowns confront the demons of their mysterious planet, Ummo. The pair met Toronto’s Second City in the ‘80s and have grown to acclaim in clown circles — and among global audiences.



SUPPLIED: CLRTIS WAVE MILLARD

## The Head and the Heart makes a comeback after touring burnout

### MUSIC PREVIEW

### The Head and the Heart

**WITH** > Basia Bulat  
**WHEN** > Thursday, April 10 at 7 p.m.  
**WHERE** > Winspear Centre  
(4 Sir Winston Churchill Square)  
**HOW MUCH** > Sold Out

#### Paige Gorsak

ARTS &amp; CULTURE EDITOR • @PAIGEGORSK

Behind the swelling choruses of the Head and the Heart’s folk pop, there’s an improbable movie plot beginning that singer and guitarist Jonathan Russell insists is the truth. From all six members somehow finding their way to Seattle, to meeting and merging at an Irish pub’s open mic, to heading off on tour only a few months after forming — it’s a strange story, but Russell assures that it all comes down to chemistry.

“For whatever reason, (that open mic) just had the right atmosphere and right location for these complete strangers to wind up and hang out,” Russell says. “This seriously sounds like something off of *The Brady Bunch* — it’s too clean-cut and happy and made up — but I’m dead serious.”

In the months that followed their fateful incorporation, the Head and the Heart found fan and critical acclaim for their rustic orchestral sound and wistful optimism. Fast-forward four years to the release of their most recent album *Let’s Be Still*, and listeners can find new influences and musical styles on the record, from the country swing of “Cruel” to the ethereal synths on “Springtime.”

At the mention of the different musical influences on *Let’s Be Still*, Russell just laughs.

Their self-titled first record was recorded less than two months after solidifying their band lineup, so the new record presents a more holistic version of their sound. Multiple years playing together, changing tastes and growing confidence as musicians all lend to a stylistic growth for the American six-piece.

“We had like three years in between, maybe, three-and-a-half years in between the one record and the second record — that’s a long time,” he says. “Think about the kind of music you’re listening to ... in a four-year span. What you’re listening to changes so much, and when you have that happening with six members of a band, who all contribute, you’re going to have a different product.”

This growth and evolution is hardly a bad thing though, Russell explains. Reminiscing on the growth of another band he loves, Arcade Fire, he recalls loving their first record, and initially being disappointed in their follow up, *Neon Bible*. Just as it began to grow on him, the Canadian band threw a wrench in the works with the “amazing” *Suburbs*.

“I enjoy bands where you can feel that growth and evolution from one album to the next, even if at the time you’re not really into it,” he says. “It’s good when somebody’s shooting ahead of the target and makes you have to catch up.”

Catching up became a reality for the band — but instead of catching up on musical progression, the group needed life. After releasing *The Head and the Heart*, he explains that the band toured relentlessly without time off, continuously accepting offers to tour with people.

It’s these themes and experiences that dominate *Let’s Be Still*, from its title track (“The world’s just spinning a little too fast / If things don’t slow down soon we might not last”) to “10,000 Weight in Gold” where the band harmonizes over country-infused melodies: “I was burned out and lost / A dusty bulb, an abandoned lot.”

“We weren’t slowing down enough, and

were just getting burnt out on ourselves, on the road,” Russell says. “We weren’t respecting each other, we were not loving what we were doing. It was just sad, just a sad sight to see people who loved what they’re doing so much to get burnt out, you don’t stop to appreciate what you’re doing. I wrote that at the end of the very last tour for that first record, and that was where we were at collectively.”

■ **“I enjoy bands where you can feel that growth and evolution from one album to the next, even if at the time you’re not really into it. It’s good when somebody’s shooting ahead of the target and makes you have to catch up.”**

 JONATHAN RUSSELL  
THE HEAD AND THE HEART

Space and time off helped recharge the band from that state of exhaustion and burn out, and fans can be thankful that they did. The final product of *Let’s Be Still*, even with dark themes, builds on the wistful nostalgia of their first folk-pop release into a masterful 12 songs. Taking it on the road, Russell laughs at one factor that never gets old for the band, regardless of burnout.

“I can’t predict obviously, but (people sing along at) pretty much all of our shows,” he says. “The only reason why I’m so aware of it is I’ve had family members who’ve been at our shows and been like, ‘What is happening, everyone around me is singing at the top of their lungs, I’ve never seen that,’ and I’m like, ‘I don’t know.’”

“It’s just always been there for us, for some reason, our music, it makes people sing along to it. I love it.”





# ALUMNI ASKED & ANSWERED

with  
**Spencer Beach**

'08 CertOS

**Current Occupation:**  
Professional speaker, Spencer Speaks Inc.

**What do you miss most about being a U of A student?**  
The other students and the staff. It was a great place to network when establishing a new career and a very nurturing environment to learn in.

**Favourite campus memory?**  
Graduating. To complete the work and make that next step into your career is worth all the long hours of studying.

**What's the one piece of advice you'd give a current U of A student?**  
Start reading the textbooks prior to starting the course. It will save you time in the evening trying to stay on track. I spent many late nights reading and studying just trying to keep up with the course.

**Best procrastination activity?**  
Dreaming of lunch

**Favourite secret makeout/study spot?**  
None. I am happily married and I studied at the kitchen table alone most nights.

**What did you do to help you stay sane during exam time?**  
Exam time really didn't apply to me as I was in an extension program and the tests were usually at the end of each course. What helped pass each class was being an active participant. The more you understand the easier it is to retain what you think you know.

**What impact has the U of A had on your life?**  
It has changed my life and validated my career as a professional speaker. I took my presentation subjects so seriously that I graduated with distinction so it shows my clients that I am passionate, knowledgeable and worth hiring.

alumni.ualberta.ca/students

UNIVERSITY OF ALBERTA  
**ALUMNI**



KEVIN SCHENK

# SuicideGirls burlesque offering blends together sultry and nerdy

## SHOW REVIEW

### SuicideGirls: Blackheart Burlesque

**WHEN** ▶ Saturday, April 5 at 10 p.m.  
**WHERE** ▶ Starlite Room (10030 102 St.)  
**STARRING** ▶ Sunny Suicide, Echo Suicide, Liryc Suicide, Annemarie Suicide, Bricksie Suicide and Lindsey Jennings

**Kieran Chrysler**  
ARTS & CULTURE STAFF • @CHRYSLERRR

The SuicideGirls burlesque troop stomped into Edmonton and gyrated into our hearts last Friday during the latest stop on their Blackheart Burlesque tour.

Started in 2001 by creator Missy Suicide, SuicideGirls is an online collective of pin-up girls, striving to re-define traditional beauty standards. Most of the models are tattooed, pierced and have an unnatural hair colour, belting out their motto, "What some people think makes us strange or weird or fucked up, we think is what makes us beautiful." \$48 a year gets viewers all access to the website, which receives millions of submissions by women hoping to gain "Suicide" status each year.

The Blackheart Burlesque tour features six of these alternative

models. But instead of being a traditional feather boa laden show, it takes burlesque and infuses popular nerd culture into sexy gyrating and thigh slapping. The show began with the hostess for the evening, Sunny Suicide, stumbling onstage in a rainbow corset and lacy panties, doing a standard dance to "Hey Big Spender." Soon after, the remaining five SuicideGirls stomp on as the music quickly changes to Bjork's eerie rock track, "Army of Me." After this, the evening begins, and the SuicideGirls start their sexy homage to pop culture.

Each of the evening's dances pokes fun at a different franchise, from *Donnie Darko* and *Game of Thrones* to *Portal*. With flawlessly choreographed stripteases such as *The Big Lebowski's* The Dude and an intense *Star Wars* themed finale, the original references will never be seen in the same light again.

While electrical tape, garters and thongs are the endgame of each performance, the fun is in getting there. The show's choreography by Manwe Sauls-Addison — who's worked with world famous performers such as Beyoncé, Jennifer Lopez and Lady Gaga — is impressive, as it differentiates burlesque from its close cousin, stripping. The tongue-in-cheek humour in the choreography, like scantily dressed gorillas attacking an astronaut in a nod to *Planet of the Apes*, helped make the performances sassy and gave personality to the

dancers. The show is more than the undressing, the choreography creating a hilarious, smart nod to various aspects of nerd culture.

The performers are excellent at working the audience, flaunting what they've got in front of cameras and dumping beer on the heads of those who get too belligerent. At Saturday's show, cake was thrown into the crowd during the *Portal* dance, while Jack Daniels was spat into the audience during a rock number. Sunny Suicide was a highlight throughout the evening — when she wasn't sexily declaring that she was naked on the internet, she was getting the audience excited and bringing out the hilarity in the evening.

Crossing the boundaries of stripping, the performers also engaged with their audience. Girls were pulled onstage and urged to create "hopeful" profiles on the SuicideGirls site, and a man was brought up for a lap dance, during which he was to read aloud in hopes of winning a free membership. Unsurprisingly, he didn't win anything — except the satisfaction of a gyrating SuicideGirl in his lap.

Overall, the Blackheart Burlesque show was a wild, sexy and fun evening that summed up the SuicideGirls franchise in a smart and cheeky way. The talents of the girls is at the forefront of the show, as they're all talented dancers and represented beloved pop culture icons well — even while undressing them.

## flop culture

COMPILED BY Jennifer Robinson

### How I Met Your Mother Series Finale

For those who haven't watched the monstrosity yet, beware: this includes some spoilers. With the series finale of *How I Met Your Mother*, the creators concluded nine seasons of laughter and tears — and that was basically my reaction to the finale: angry tears and a lot of "I-can't-believe-they-did-this" laughter. As many of you know, after finally revealing who the mother is this season, they announce in the finale that she's been dead all along. To make matter worse, after finishing telling his kids the story, Ted leaves to win back his once-love, Robin.

I couldn't believe they threw away nine years of growth and character development to literally recreate the scene from the pilot where Ted stands outside Robin's

window desperately clutching the blue French horn, begging her to love him.

Fans waited nine seasons to meet the iconic, unknown mother (Cristin Milioti), and in one episode, the show threw away everything they had spent those seasons building up to. Milioti was the perfect actress to take on the role, and that's part of why the ending hurt so much — she deserved better than to be used as another hurdle Ted had to get over to finally be with Robin.

The moment the finale ended, the internet erupted with venomous posts from angry fans, many following the common theme of cleverly rewriting the show's title to reflect the ending. A few of my personal favourites were, *How I Met My Consolation Prize*, *How I Met Your Mother But Then She Died* and *I Banged Aunt Robin* and of course *How I Wore Down the Woman I Was Obsessed With Until She Pity-Married Me*. They honestly should have just called it *How I Met Your Stepmom*, because it's clear now that the show was really

all about how Ted finally managed to win over Robin.

I don't think I'll ever be okay with the way the writers ended the show. They turned a story that millions of people loved and related to into a pointless tale of how no one evolved at all. Everything characters — and fans — went through was essentially for nothing.



*Flop Culture is a semi-regular feature in which Gateway pop culture pundits shake their literary fists at ridiculous events or celebrities deserving of an inky bitch-slap.*





KEVIN SCHENK

## Ten tasty wines under \$10 to send off the semester in style



### Gateway Winos GROUP COMMENTARY

With student loans running dry and funds dwindling before summer jobs kick in new income, *The Gateway* knows the difficulties of end-of-term fun. It's a hard knock life when you want to procrastinate with a night out with friends but you can't afford it. We felt your pain so deeply we knew we had to do something to help out. The unrefined palates of five *Gateway* ladies set out this week to find you the cheapest vino on the market. They may not be the finest grapes, nor the most fragrant notes. In fact, these were almost definitely scraped from the bottom of the barrel. But these wines are cheap, mostly delicious and will do the trick, whether you're drinking a glass of red for your heath, or a whole bottle of pinot grigio to forget that organic chemistry final.

#### Paige Gorsak

**3 Blind Moose Cabernet Sauvignon – \$9.99**

This Californian delight was chosen purely for its kitschy yellow label. And if you buy it, I firmly believe you too will look as cool as a moose wearing shades. A bit more on the bitter side, this, ahem, full-bodied fruity blend ain't so bad. The bottle says it tastes like cherries, and I say it tastes like cheap wine. Give it a go.

**Big Horn Vineyards Chardonnay – \$8.29**

With yet another cool bottle to satisfy my vanity, the Big Horn Vineyards Chardonnay is a good choice, though for aesthetic only. The wine itself is a strong-smelling tonic that can probably double as a cleaning solution for the mess that you've built up over the term. The lingering fruit flavour can't mask the harsh citrusy aroma



or notes, though it might be okay if extremely chilled.

#### Kate Black

**Fetzer Merlot – \$9.97**

Fetzer is an easy-going, no-strings-attached Merlot and claims to boast flavours of blackberry and cherry — though really, what red wine doesn't? When you really get down to this bottle, it isn't anything special: no obnoxious top notes and the aftertaste is reminiscent of, well, wine. But honestly, considering Fetzer's price point, the fact that it doesn't make you want to dump it down the sink is a feat in itself.

**FlipFlop Chardonnay – \$8.83**

FlipFlop's buttery, fruity notes sauntered its way into my cheap, cheap heart. If you can get past its initial chemical odour classic to any cheap vino, you'll discover this wine's pleasant and dry notes of pineapple. It's easy-drinking and less than \$9, making this bad boy perfect for drowning the most traumatizing of your finals-season sorrows. Drink up, buttercup.

#### Kieran Chrysler

**Bodacious Smooth Red Blend – \$9.99**

This Canadian Red Blend is, as advertised, smooth. With hints of blackberry and raspberry, Bodacious is a fruitier red that's good for white drinkers looking to get into red wine. It's ideal for summer, as it's very light and the fruity taste is mild enough that it doesn't need to be drank with food.

**Bodacious Smooth White Blend – \$9.99**

Considering the red is so light and fruity, the white side of Bodacious is even lighter and fruitier. It goes down

like juice, so if you're strictly a red drinker, this isn't for you. But if you normally like Rieslings and Moscato, you'll enjoy this fruity spectacle.

#### Andrea Ross

**Copper Moon Shiraz – \$9.99**

This smooth shiraz is "made with grapes harvested under the moonlit sky," but most importantly has a handy easy-access screw top for when you need your vino, like, now. Notes of black cherry and a whisper of spice beefs up this bold red and it tastes especially great with a Subway sandwich in the library at 3 a.m.

**Broke Ass White Wine – \$8.99**

This wine comes from Mendoza, Argentina, which would make a great drinking game to point out on a map after downing the whole bottle. Floral and fruity notes with a crisp acidity means this is a white meant for guzzling. The label says it pairs well with "kick back and enjoy," but I also found it paired well with my broken confidence and crumpled class notes.

#### Katherine Speur

**Marcus James Chardonnay – \$7.97**

This honey-coloured chardonnay from Argentina is subtle enough for a new wine drinker yet tasty enough for veteran winos. Aside from its 12.5 per cent alcohol content, Marcus James is surprisingly pleasant for a discount vino. I wouldn't consider myself a wine expert by any means, but I when I drink MJ, I feel like I'm drinking sophisticated apple juice. Don't be surprised if you "accidentally" drink the whole bottle.

**Tisdale Merlot – \$8.99**

When I was small, I used to think red wine smelled like stinky socks. Tisdale doesn't smell or taste like stinky socks — thank god. Rather, Tisdale flirts with hints of berries and black cherries. It's strong, dry and gets the job done. Considering this wine is only \$9, I would strongly encourage you to drink straight from the bottle. You know you deserve it.

## fashion streeters

COMPILED AND PHOTOGRAPHED BY **Alexandros Papavasiliou**



**Hayden Shin**  
ARTS I

**GATEWAY:** Can you describe what you're wearing?

**HAYDEN:** I moved here from South Korea a year ago, so most of my clothes are from there. My shirt is Topman, jacket is Forever 21, pants are Zara, and boots are Red Wing, a brand from South Korea.

**GATEWAY:** What inspires your style the most?

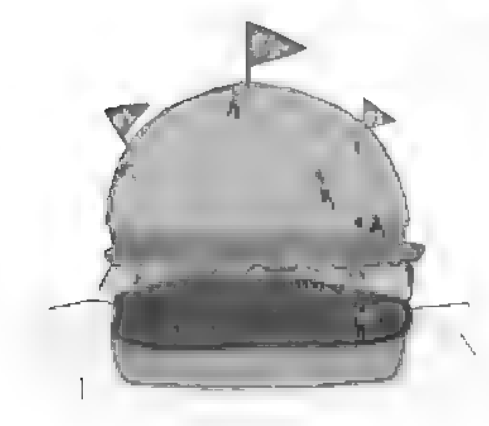
**HAYDEN:** I majored in fashion design in Korea, so a lot of my friends back home inspired my style with drawings and images. My experience at the Korean university taught me a lot about putting clothes together and creating a look.



Check out [thegatewayonline.ca/fashionstreeters](http://thegatewayonline.ca/fashionstreeters) for more photos.



# Between the Buns: the best of Burger Boys' local tests



**Burger Boys**  
GROUP COMMENTARY

As our four heroes' quest in search of the best burger in all of Edmonton comes to an end, the time of reflection is now upon us. From tasting the glory of the juiciest, most flavourful burger concoctions to suffering through every bite of dry, tasteless mediocrity, these four Burger Boys have seen and eaten it all, as they've grown and matured into Burger Men. Now, at the end of their journey, it's time to reveal where the holy grail that is Edmonton's best burger truly lies.

## Brad Kennedy: The Next Act Pub

The road has been a long and arduous one, sampling the best faux-beef this city has to offer, but I've finally narrowed my choice down to one establishment that combines the best of price, atmosphere, service and most importantly, taste: The Next Act Pub. Their delicate-yet-delicious veggie burger combines the best bun I've ever eaten — something that, on its own, I would be willing to order as a meal item, in case you doubt how good it is — with a refreshing blend of pea shoots, avocado and a thin slice of aged cheddar, plus the usual lettuce and tomato.

You read about how good it was last time, but I can't stress how transcendent the fare at this humble Old Strathcona standby is. If you consider yourself a true connoisseur of the hamburger, you owe it to yourself to sample the menu at The Next Act. Don't skimp on extras for your meal, either: bring some friends and order the Baked Mac 'n' Cheese as a side, or their Skillet-Baked Chocolate Chip Cookie for dessert as perfect complements to the main course. But above all, if you're looking for the best veggie burger in town, you can't go wrong with the Drama Queen.



**BURGER BLISS** The Next Act Pub's Drama Queen is a beautiful, beefless burger specimen

BRAD KENNEDY

## Andrew Jeffrey: Delux Burger Bar

Like anything else in life, our quest to find the best burger in Edmonton wasn't as much about the destination as it was the journey. My final pick for the best burger in the city isn't as rewarding as the countless hours eating and dreaming of Edmonton burgers up until this point, and I would recommend that people look for variety in their food options and try burgers from all around Edmonton. After all, I could only reach this patty epiphany, this confidence and comfort in knowing I've truly found Edmonton's best burger bar none, after spending so much time scouring the burger joints, fast food chains, pubs, dives and diners all across our fair city.

There are a lot of great options for burger lovers in the City of Champions to choose from, but when I stop and think about it, Delux Burger Bar is far and away the top choice. It's not just about what the best stand-alone burger is in town — though surely the Kobe Stack burger would win that prize.

Delux's menu options are varied, it's got a friendly atmosphere that works for a family

dinner as well as it does for a couple of friends grabbing burgers and drinks. Best of all, your fries come a la carte, as in a puny, miniature shopping cart. Besides all that fluff, when you get down to the meat of the issue, the burgers they serve are themselves absolutely delicious and made to perfection.

The downside is still its location. Delux isn't in a central part of town, or one that's easily accessible for university students. But for those willing to make the trip, Delux is the best burger joint in town and that monstrous Kobe Stack is the most rewarding burger challenge to treat yourself to in Edmonton.

## Adrian Lahola-Chomiak: The Next Act Pub

We've had a lot of burgers over the past semester and they've run the gamut from mediocre to superb. I'd say I've a hard time choosing a favourite, but honestly, that would be a boldfaced lie. To me, there's one burger joint in Edmonton that clearly stands heads and shoulders above the competition, and that's The Next Act Pub.

Not only is it one of the most affordable

restaurants we visited, in my opinion, it also offered the best burgers. Give me a blind taste test of all the restaurants and I would be willing to bet that I would choose the wonderful burgers from The Next Act 10 times out of 10.

The menu is a nice mix of innovative burgers featuring creative toppings such as stewed chilies and peanut butter and classics like a bacon cheeseburger. But what makes this a stand out burger joint is how they nail the fundamentals of the sandwich. The patty and bun were excellent enough that they were able to stand by themselves as delicious. It may seem trivial, but The Next Act is the only place we went where it felt like the toppings were there to complement the burger and not the other way around.

If you're ever craving a burger, I highly recommend you make your way to The Next Act. It's amazing burgers will fit most university student budgets comfortably and offer value unmatched by any other restaurant.

## Darcy Ropchan: The Burg

Next to my one true love, Wendy's, I'd have to say my favorite burger place is The Burg.

Although a tad too pricey for my sensible student budget, The Burg is the best place in Edmonton to offer a semi-formal burger dining experience. In case you forgot, I originally tried the Grilled Cheese Burger — The Burg's self-described homage to the grilled cheese sandwich. It came loaded with 100 per cent cab ground beef, aged cheddar, provolone, Swiss, bacon, pickled onion, lettuce, tomato, a deep fried pickle and maple ketchup.

Nothing can beat the feeling of ordering a greasy burger from a traditional fast food haunt, but if you're looking for a little bit of class the next time you're jonesing for a burger and fries then don't be a nerd, try The Burg.

*Between the Buns was a spring 2014 feature following the escapades of three, and sometimes four, burger lovers as they seek out the best in town. Thanks for reading!*

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# Bruce Peel exhibits inventive pop-up showcase



CHRISTINA VARVIS

## EVENT PREVIEW

### “Wow, Open This!”

**WHEN** > Runs until Friday, June 6; exhibit open Monday to Friday, 12 p.m. – 4:30 p.m.

**WHERE** > Bruce Peel Special Collections Library, University of Alberta

**HOW MUCH** > Free

**Kaitlyn Grant**

ARTS & CULTURE STAFF

Few books inspire as many oohs and ahhs from readers as the iconic pop-up book, with its stories and illustrations physically leaping from the pages. From flaps to accordions and rotating disks to tunnel books, creating each book is a precision art, and brings together a variety of details to make the final product. Now, a rare showcase of these marvellous inventions is on display in the Bruce Peel Special Collections Library.

The exhibit, titled, “Wow, Open This!” is designed to educate its audience on the longstanding history of the pop-up book form. Featuring a collection of pop-ups dating as far back as the 16th century, the exhibit is entertaining and informative for any curious visitors. Curator Kevin Zak, a professor at the U of A, hopes to surprise audiences with the intricate designs and engineering styles created by the ingenious book artists.

“The book artists are inspired from those traditional forms and it’s still a valid communication and we still have a fascination,” he says. “Everybody

goes, ‘Oh pop-up, I love pop-up books.’ There are not many people you’ll find who will go, ‘Oh, yeah, whatever.’ Everybody is that kid at heart.”

While the pop-up book’s paper form makes the art more flexible and easier to mass-produce for a global market than other works of art, it also creates a fragile product. Zak explains that finding pop-up books in pristine form is very rare, making this featured collection distinctive among book exhibits.

The job of creating the delicate sections of these books falls to paper engineers, specialists who find the best way to bring pictures off the pages when the book opens — and hide them when the books close again. Practiced paper engineers can fashion very complicated pop-ups that reach incredible heights, and Zak recalls a favourite Czech designer whose finished project stood nearly a foot tall when opened.

“(Paper engineering) is really the articulation of what will fold, what’s glued, how it folds and how far,” he says. “So you open the book and all that needs to be engineered on how that happens. That’s what I always found fascinating — how do you make all that happen?”

Today, pop-up books are most frequently associated with children’s literature, using complicated images to illustrate stories and engage kids in reading. They’re continuing to grow more complicated as new elements, such as lights and sounds, become easier to implement in the design of the books. However, the pop-up book stretches back centuries to times when books were the main form of technology and communication. During this early period, Zak explains,

pop-up forms were used to illustrate scientific theories and mathematical equations.

“At the time, the 13th century, that was really groundbreaking to actually put additional things in, and books were really precious because paper was really precious, so those words and that documentation and the things that moved in books, that was amazing, that was ground-breaking,” Zak says.

**“Everybody goes, ‘Oh pop-up, I love pop-up books.’ There are not many people you’ll find who will go, ‘Oh, yeah, whatever.’ Everybody is that kid at heart.”**

KEVIN ZAK  
UNIVERSITY PROFESSOR AND EXHIBIT CURATOR

“Wow, Open This!” creates a timeline showcasing the growth of pop-up books while alluding to a future where they seem to have no limits, even as a tactile art form in today’s digital world. For Zak, the craft of pop-up books holds a specific wonder, distinctive to its medium.

“It’s more to the drama of the whole thing,” he says. “But who can resist that? It just makes you happy because you go, ‘Wow, look at how far that extends beyond the page.’ It just really folds up flat and the colour. This in itself, all the pieces, the illustration, the articulation of the way they fold — that’s an art form of engineering.”

# The Zolas return to Edmonton with exciting new band lineup

## MUSIC PREVIEW

### The Zolas

**WITH** > James Younger and Zerbin

**WHEN** > Friday, April 11 at 8 p.m.

**WHERE** > The Starlite Room (10030 102 St.)

**HOW MUCH** > \$15 at ticketfly.com

**Brad Kennedy**

ARTS & CULTURE STAFF • @HELLA\_BRAD

For a band that recorded most of their first album in their piano player’s parents’ basement, the Zolas have come a long way from their humble beginnings. Ever since the success of their debut album, *Tic Toc Tic*, they’ve been swiftly gaining in popularity. Now, their distinctive piano-heavy instrumentation and smooth-as-silk vocals are getting the attention of listeners on a national scale.

Zachary Gray, vocalist for the group, says the band is brimming with optimism about the opportunity to be on the road again. Though touring is often stressful for musicians due to the amount of work that goes into every live show, the close-knit nature of their fan base affords them a brief respite at every stop along the way.

“We have friends in all these cities that we visit, so we go out for dinner, have a few drinks, whatever,” Gray says. “Touring in Canada is a little bit like a road trip where you’re constantly running into old friends.”

This tour is different for the Zolas in terms of the bands they’re playing with. James Younger, the group accompanying them across Canada, shares two of its members — Cody



SUPPLIED: KIRSTEN BERLIE

Hiles, their drummer, and frontman James Younger himself on bass — with the Zolas. With the six people on tour composing two bands between them, everyone spends a lot of time together, and the two acts frequently trade equipment in an atmosphere Gray calls “brotherly.” Thanks to the additional band members, audiences can expect a version of the Zolas few have seen before, with a complete ensemble of musicians well-versed in performing together.

Gray and his childhood friend Tom

Dobrzanski have long stood alone as the musical core of the Zolas, with Gray on vocals and guitar and Dobrzanski on piano. Beyond those two though, the band has never really had a stable performance lineup, swapping out a number of alternate musicians over the years. But with Hiles and Younger, Gray thinks the Zolas may have finally found the missing component they’ve needed to solidify the band, putting an end to the frustrating cycle of training new musicians to play with.

“What’s nice about having them is,

now we have a drummer and a bass player who have better taste than me,” Gray says with a laugh. “So even if I don’t really get what they’re playing right away, I know that they have better taste than me at what they’re doing, and eventually I’ll figure out that what they’re doing is way better than what I had planned.”

With the added talent and stability Hiles and Younger bring to the band, Gray says they’ve made great strides as a musical group. Soon, he hopes the Zolas will be able to put out a new release to showcase the

improvements they’ve made since 2012’s *Ancient Mars*, which was much slower and heavier than the band’s previous offerings.

“We’ve already recorded four new songs, and I wanna do another six as soon as possible. But it kinda means I have to write more, because I don’t have six right now,” Gray admits. “I’m going to go on a writing binge, and we’re all going to get together and flesh out some ideas and record them.”

**“We have friends in all these cities that we visit, so we go out for dinner, have a few drinks, whatever. Touring in Canada is a little bit like a road trip where you’re constantly running into old friends.”**

ZACHARY GRAY  
THE ZOLAS

With everything falling into place for them, a new album would seem like the natural next step for a band as in their element as the Zolas. Their tour so far has left the members of the group with nothing but smiles and a positive outlook, and that certainly extends to their plans to visit Edmonton this Friday.

“Every time we play in Edmonton, it’s always such a huge step up,” Gray says. “There are so many people in Edmonton that I’ve met at shows that I keep getting reintroduced to every time that we come back. For somewhere that is such a desolate ic-escape for most of the year, it has the friendliest people.”





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ALBERTA ATTRACTIONS Spots in Alberta like Elk Island National Park make for cool, day-trip summer getaways.

KEVIN SCHENK

## Top destinations for summer fun in the desolate plains of Alberta



**A&C Staff**  
GROUP COMMENTARY

With the advent of summer drawing nearer every day, many people are wondering what to do with the combination of vacation time and beautiful weather. This week, four intrepid explorers at *The Gateway* scoured the nearby tourist locations for some of the best spots in Alberta you might not have paid a visit to yet, so you don't have to waste precious free time planning a summer travel itinerary.

### Jurassic Forest

For those looking for wholesome summer fun, look no further than Jurassic Forest, a small park located about a half hour north of Edmonton, just outside of Gibbons, where you can walk with dinosaurs. The 40-acre "prehistoric preserve" offers a bevy of "life-sized and startlingly realistic" animatronic dinosaurs for your entertainment, allowing visitors the chance to imagine a fictional timeline where the mighty lizards of the Jurassic Era roamed the plains of Alberta alongside our bipedal hominid ancestors.

Even if you don't exactly buy into the authentic dinosaur experience this attraction claims to offer, the fact that these tremendous dinobots exist and roam a space of open land within reach of a leisurely afternoon drive seems more than worth the effort to take a trip on out there and gawk at them. Just think of all the things you could do if you got your hands on a life-size Robo-Ankylosaur. You'd be unstoppable. It's practically an armoured tank with an old-timey chain mace on one end. The police wouldn't have a clue how to bring your dinosaur-powered crime spree to an end. But for those with less ambitious — and legal — aspirations, it'll at least make for a fun family outing. Be sure to check it out once they reopen to the public for the summer.

— Brad  
Kennedy

### Town of Vulcan

Long ago on the planet of Vulcan, a young Spock was born. Since then, he and his crew have had hoards of fans devoting their bedroom walls and all their money to Star Trek paraphernalia. Because of this, the town of Vulcan, Alberta is the go-to place for trekkies on vacation. Located just five hours south of Edmonton, Vulcan, AB is a cute little town that's the perfect destination for any vacation. It's the home of the Vulcan Tourism and Trek Station and Trekcetera Museum, where you can buy excessive amounts of Star Trek memorabilia and get your picture taken with the Vulcan Starship.

But even if you're not a Trekkie, Vulcan still has a lot to offer. There are many campgrounds and nature paths around the city with beautiful landscapes and views. Whether you are a diehard Trekkie, a nature lover or just interested in exploring our beautiful province, Vulcan is a town you should definitely check out.

— Jennifer Robinson

### Cypress Hills Interprovincial Park

If you're looking for one of the highest points in Canada with a giant variety of plants and wildlife,

Cypress Hills Interprovincial Park is the perfect place.

Cypress Hills Interprovincial Park, located near Medicine Hat, is perched on a plateau 600 meters above the surrounding prairies and badlands. This makes it one of the highest points in Canada, with an incredible view. The park is also home to a surprising number of plants and animals, with more than 220 species of birds.

If you're interested in doing some exploring, the park also contains more than 50 km of hiking and biking trails. But if hiking isn't really your thing or it's just too hot, there's always Elkwater Lake where you can do everything from kayaking to water-biking. And at the end of the day, be sure to stop in at Elkwater townsite, where you can stay overnight at one of their many great campgrounds.

— Emily Speur

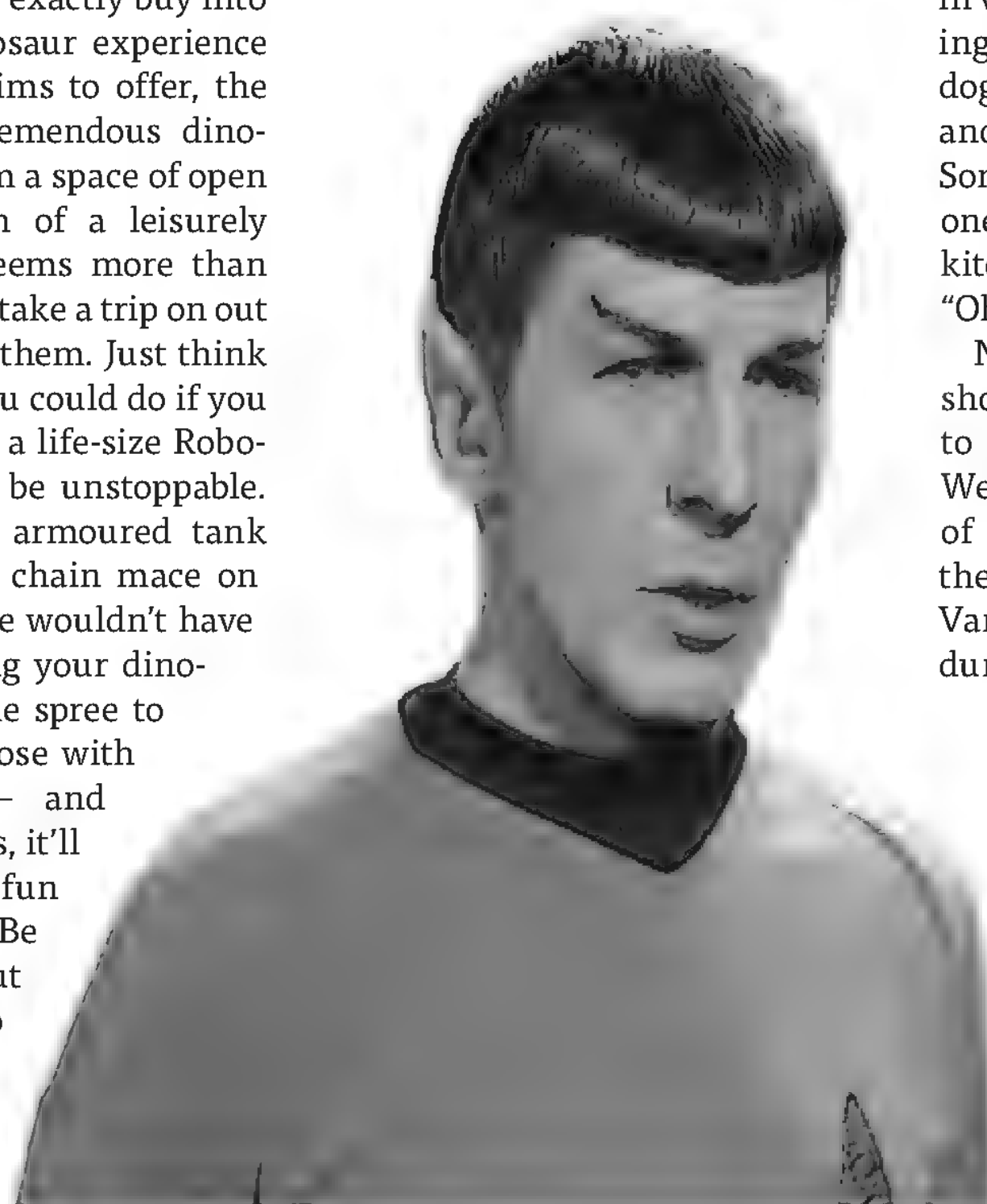
### Torrington Gopher Hole Museum

Around two-and-a-half hours outside of Edmonton in the small, quiet Alberta town of Torrington, lies a site that you can't miss this summer. Open from June to September, the Torrington Gopher Hole Museum features a (small) room full of dioramas of stuffed gophers posed in costumes doing various activities in various settings. There are camping gophers in bikinis and eating hot dogs, two gophers getting married and even a gopher bank robbery. Some include cheesy dialogue, like one in which two gophers are in a kitchen eating and one gopher says, "Oh, boy am I ever stuffed!"

Not sold on it, you say? Why should I possibly drive for hours to see dead gophers, you say? Well, these gophers are now a part of our Canadian culture. One of the gophers actually travelled to Vancouver to be displayed proudly during the 2010 Winter Olympics.

You can make this a trip all on its own, or you can stop by on your way to Calgary or Drumheller. Admission is only \$2/person (and only \$0.50 for children under 14). Nothing says summer road trip quite like good, old-fashioned taxidermy.

— Tamara  
Aschenbrenner





# Fashion for Freedom makes secondhand stylish

## FASHION PREVIEW

### Fashion for Freedom

**WHEN** > Saturday April 12 at 7 p.m.  
**WHERE** > City Life (5216 50 Ave., Leduc)  
**PRESENTED BY** > Poiema Productions  
**HOW MUCH** > \$40 at tixonthesquare.ca

**Karla Comanda**

ARTS & CULTURE STAFF

When someone says fashion, most peoples' minds jump to vogue and haute couture. But at local theatre company Poiema Productions' second annual Fashion for Freedom, being high-fashion is all about doing it for a good cause.

The charity fashion show raises money for the George Spady Society, a local charity that supports people dealing with substance-related disorders, mental illness and homelessness. Last year marked their first time putting on the event, raising nearly \$7,500 for the A21 anti-human trafficking campaign. Fashion for Freedom's artistic director Candice Fiorentino explains this year's show continues the trend of charitable fashion, but with a change in focus.

"We thought we'd keep it local. We wanted to showcase organizations that don't get as much publicity as some of the larger, not-for-profit organizations like the Cancer Society and the Heart and Stroke Foundation. We wanted an organization that people haven't really heard of," Fiorentino explains.

The fundraising and awareness gala is modelled after the famed

fashion design competition *Project Runway*, the challenge being to create outfits using unconventional materials. The event features 20 Albertan designers that will try to "make it work" to create designs using second-hand clothing, fabrics and items. Dubbing this year's concept 'raw couture,' the competition challenges the designers to create a full outfit, plus an avant-garde accessory from basic, unrefined materials. The pieces will be judged on their creativity, execution and their "wow factor."

Ranging from veteran designers who've worked in the industry for years to rookies who've never created an outfit in their lives, the event used an open call to attract anyone who might be interested in helping out in Fashion for Freedom's cause.

"There's all types (of designers) and we liked that about it. Part of the design application is that we asked them why they wanted to be involved with this. We want the cause to be fun, creative and for people to step out of the box," Fiorentino explains.

Though the designers have to adhere to repurposing used materials in their designs, that's where the similarity ends — the open aesthetic of the gala gives them free rein to design anything within the theme, an aspect Fiorentino is very enthusiastic about.

"I've seen a very small sneak peek, and from what I've seen so far, it is amazing, and I'm so excited. I saw a beautiful dress that was made out of 32 shirts, and it's like a corset with a skirt, and (it has) a whole coat that drapes over. It's so cool," she says.

She adds that she was surprised by the amount of attention the clothes garnered in last year's show given that they were made of non-fabric materials, so this year, the pieces will

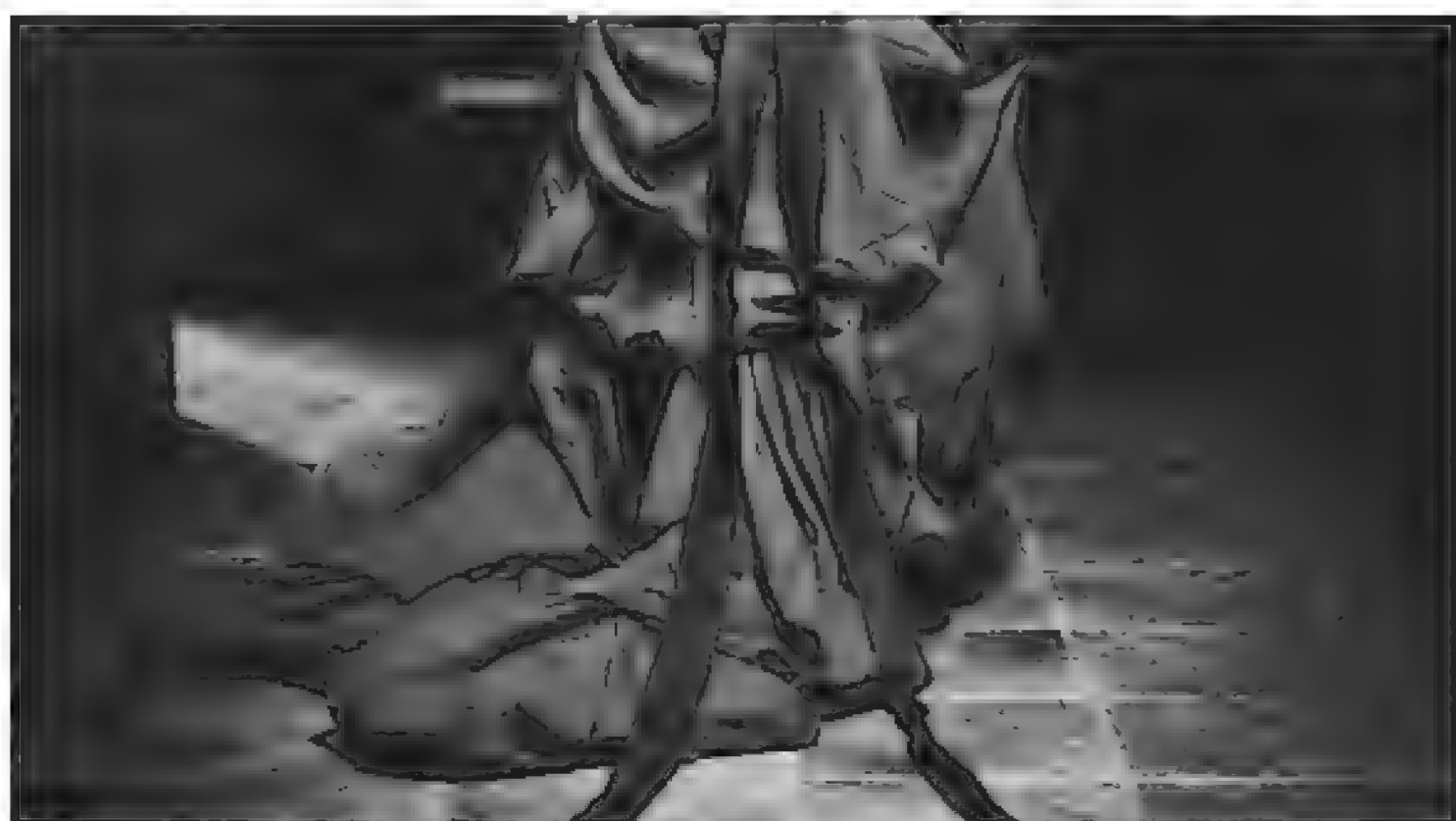
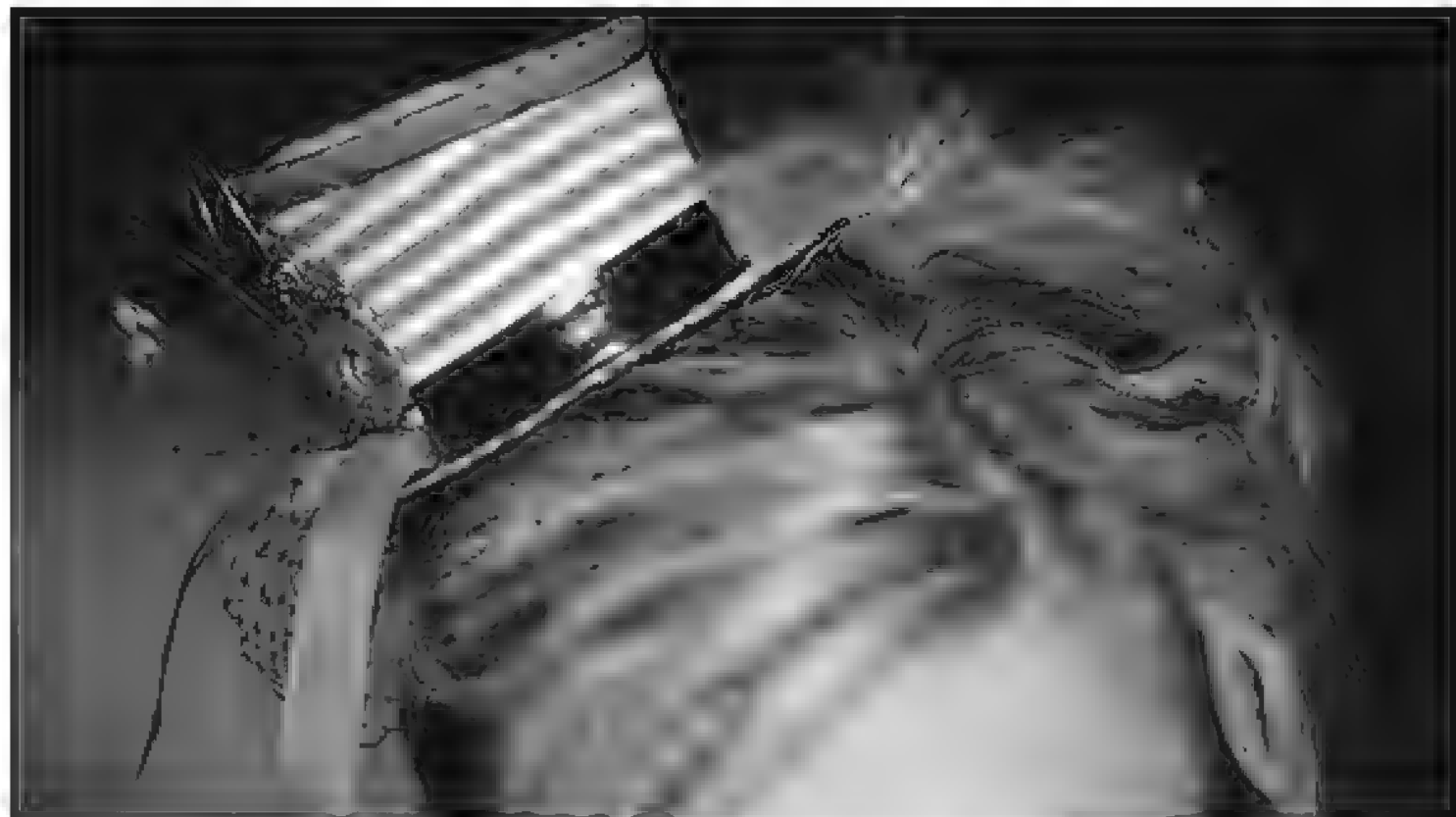
be available for auction to anyone who's interested.

Although Poiema Productions primarily works as a theatre company, Fiorentino explains that fundraising has become important for herself and the other members of the organization. After realizing how willing and open their friends, families and communities were to the idea, they knew that keeping that momentum would help sustain their passion. Plans for next year's Fashion for Freedom event are already in motion, and Fiorentino hopes the charitable spirit will inspire Edmontonians to make their own change in the city.

**"There's all types (of designers) and we liked that about it. Part of the design application is that we asked them why they wanted to be involved with this. We want the cause to be fun, creative, and for people to step out of the box."**

CANDICE FIORENTINO  
ARTISTIC DIRECTOR, POIEMA PRODUCTIONS

"Obviously, theatre is wonderful and I think it's important and I think it's great way for us to learn, but there's also a city here that I think needs help and this is one little thing we can do to try to help," she says. "I'd say (we hope) to encourage people — you can't do everything, but you can do something, so pick something. Even if it's putting a jar out at your work and collecting quarters to send to the food bank."



SUPPLIED: JESSICA PENNER

# Infamous: Second Son is undeniably fun, but runs too short

## GAME REVIEW

### Infamous: Second Son

**PUBLISHER** > Sucker Punch Productions  
**DEVELOPER** > Sony Computer Entertainment  
**PLATFORM** > PS4

**Ryan Bromsgrove**

BUSINESS MANAGER ■ @RYAWESOME

If you already have a PS4, you should probably pick up *Infamous: Second Son*. But if you don't, this game shouldn't be the impetus for your purchase.

The game takes place seven years after *Infamous 2*'s satisfying ending, but with a new hero and a mostly unrelated story, newcomers will have no problems with starting here. You play Delsin, a youngish Native American who starts off the game spraying graffiti over a billboard congratulating his more upstanding brother for becoming sheriff. Delsin lives in a world where certain people called conduits have access to powers — Cole from the previous games, for instance, could manipulate electricity — but normal people are terrified of them. So it's basically *X-Men*.

As it turns out, Delsin is a conduit, and seems to gain powers by being exposed to other conduits. You pick up smoke powers right away during a kerfuffle that gets your village in trouble. In order to save his people, Delsin sets off for Seattle with his brother to chase down a woman with concrete powers, picking up neon



and video along the way.

The mechanics in *Second Son* are much the same as previous games, though powers work a little differently. You get four sets at a time for one thing, and switching between them just requires you to find a relevant environmental fixture like a smoking car or a store's signage to charge it up. It's essentially a third-person shooter with a bit of flair and some neat movement options.

Somewhat disappointingly, for all the various powers, how they move you around is the only major difference. You can dash through vents with smoke to launch yourself to the

roof of a building, while neon will increase your speed and let you run up walls. But besides that, the powers all come with a light projectile type attack, a heavy projectile, the melee's all basically the same — it just feels like there could've been more differentiation. Especially since, when you finally get concrete, you can't actually do any of the cool stuff the enemies have been using against you the whole game.

Still, the various ways of traversing the city are neat, and the city itself really is beautifully realized. Seattle isn't exactly a common setting for video games, but Sucker Punch



SUPPLIED

the ability to drive your enemies out of Seattle district by district, there's a big lack of pretty much anything else to do.

The good/evil karma system is similarly lacking. You can throw a smoke missile at some anti-conduit protestors or beat up street musicians for being "annoying" for evil karma, for instance, but it feels too cartoony. On the good side, you can bust drug deals, I guess, or heal wounded citizens, but those get old fast. And there are only a couple of points during the main story that you can make a choice between good and evil and actually see an impact.

The one thing I have to give credit for is the one set of side missions. To spray graffiti, you hold the controller sideways and use your index finger to hold down the trigger while using motion controls to colour in the stencil. It's a smart use of the controller's functions, and as an additional nice touch, the large light between the shoulder buttons turns the colour you're spraying.

Overall, *Second Son* feels like a good game that wasn't quite finished. The PS4's launch window hasn't exactly been overflowing with games, but this is likely the first exclusive that many owners have really been waiting for, and it sucks that it's not up to the series' standards in many ways.

Still, what's there is fun if a little limited. It's a decent story with well-written characters — particularly the villain — and while more variation in combat and optional content would've been great, it's undeniably fun to smash apart the police state set up in Seattle. You'll feel like you want more, but it does do the trick.



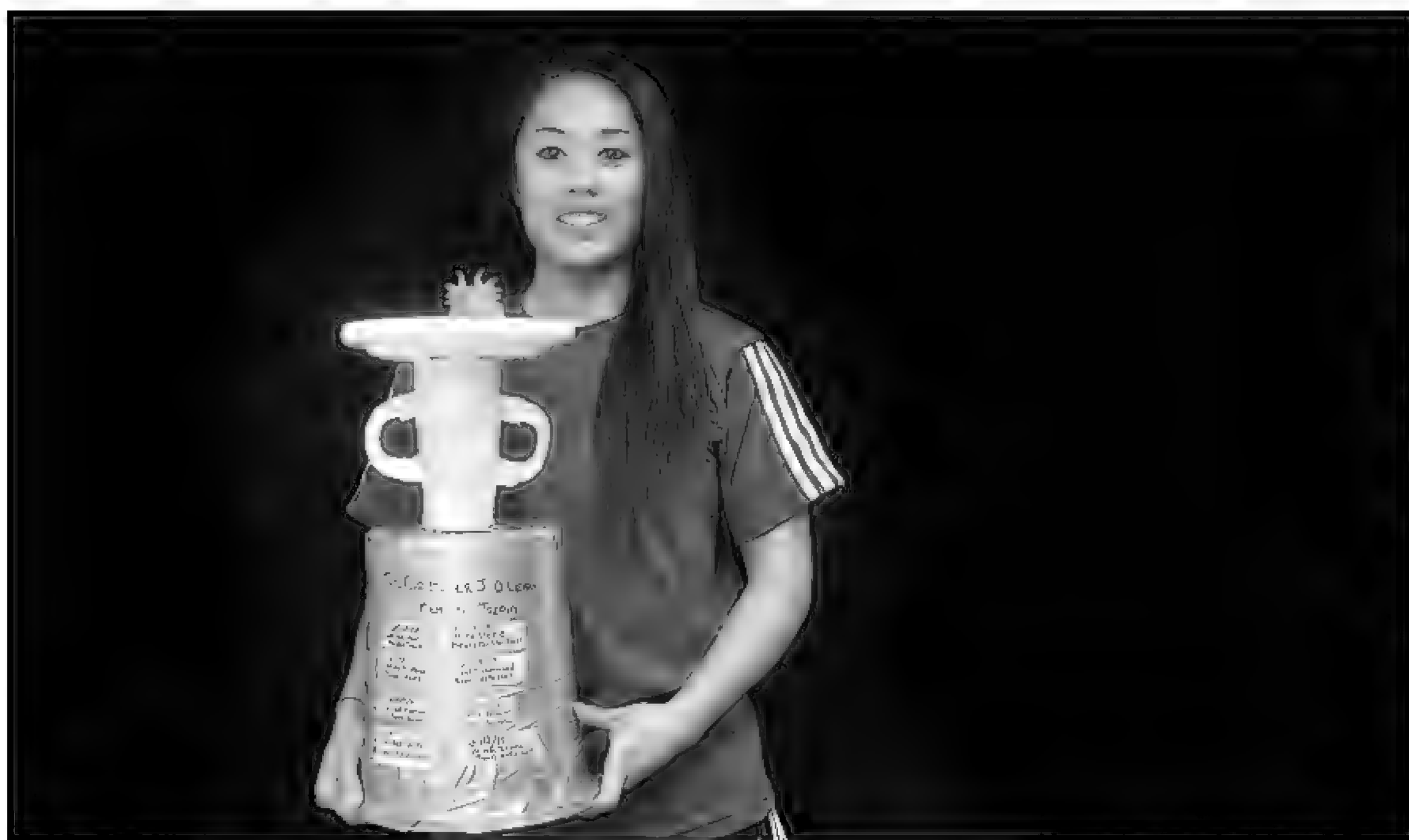


# SPORTS

## ANNUAL AWARDS



# ATHLETE OF THE YEAR



**REIGNITING A PASSION FOR THE BEAUTIFUL GAME** Julia Ignacio's breakout season came after she left playing the sport for good. KEVIN SCHENK

## Ignacio strikes back against adversity

Pandas soccer star and former NCAA standout is *The Gateway's* Athlete of the Year

### ATHLETE PROFILE

**Atta Almasi**

SPORTS STAFF • @SCARBOROLBLUFFER

In the world of sports, a rebound can either be seen as a missed shot or a second chance to convert on a stolen opportunity.

For Julia Ignacio — the fourth-year forward on the Pandas soccer team and this year's recipient of *The Gateway's* annual Athlete of the Year Award — whose resurgence on the pitch after a year away, is the ultimate definition of a second chance gone right.

"I always like to credit each and every individual for what they bring, but Julia was instrumental," Pandas head coach Liz Jepsen said of Ignacio's impact on the team as they won their first Canada West championship and CIS medals in more than a decade. "Julia did a lot of work through the season... and (she's) a special player."

Originally a player on Brooks Monagan's University of Memphis Tigers women's soccer squad, Ignacio left the blues capital two years ago and seriously contemplated hanging up her cleats for good. For those who knew the cheery soccer player growing up, it was a bit of a surprise when the Edmonton native revealed she was leaving the U.S. to come back home.

"Julia was maybe 10 years old the first time I met her and ... I'll never forget her smile and her infectious attitude and spirit," Ross Ongaro, one of the coach's at Ignacio's high school Archbishop O'Leary, said. "First on the field, last one to leave. Exceptional, little talented girl that we all just fell in love with."

According to Ongaro, who's been a mainstay in the Edmonton soccer community for more than three decades as a professional soccer player and as a coach, Ignacio's dissatisfaction for the sport she'd been playing her entire life was something that the coach was familiar with. He's seen many elite-level athletes like Ignacio head south of the border, only to find themselves disillusioned with the sport they loved so much.

"We've been able to produce a lot of top-level girls in Alberta — and Julia's a great example of that — but there's always a cost," Ongaro said. "Julia sacrificed. And when you sacrifice you pay the price ... and a lot of times she had to question why she was doing this."

"She had some ups and downs and some doubts — like we all do — but

it never stopped her from achieving her goals and she's gone a long, long way with her dreams."

For Bryan Rosenfield, who was coach of the national women's U-17 team Ignacio was on during the inaugural FIFA U-17 Women's World Cup in 2008, the signs were present back then, even when she was playing on the biggest soccer stage in her life, that something big was bothering her.

"At the time, Julia (looked like) a person who was contemplating less about football itself and more about life in general and finding out what drove her and inspired her. I think she came to the conclusion that it could be anything she wanted it to be in the moment that she chose," Rosenfield said. "And I think that she, more or less, came to an understanding that her ability to (achieve) possibility in the moment was really up to her and (it) was really an epiphany for her and really the transformation of her as a player."

**"(Julia's) had some ups and downs and some doubts — like we all do — but it never stopped her from achieving her goals."**

ROSS ONGARO  
JULIA IGNACIO'S HIGH SCHOOL SOCCER COACH

It wouldn't be Julia's immediate impact on the pitch, but rather indirect influence from it that would start a year-long journey back to the game she once loved.

After returning to Edmonton prior to the fall of 2012, Ignacio was introduced (by one of NAIT's assistant coaches) to Ouk head coach Carole Holt. Although it was apparent to Holt, her coaching staff and the players she coached thought that Ignacio was "a good fit," it was also clear that Ignacio was itching to get back into the game on a competitive level.

"I know that when she came to help us out, I don't think she was planning on playing post-secondary soccer again ... I don't think going back to school to play soccer was on her radar," Holt said, recalling the moment Ignacio signed on to the team as an assistant coach. "(But) I know she mentioned to me (late) last season that she was really enjoying being a part of it and she didn't think she would enjoy soccer that much again ... I'm a Pandas soccer alumni

as well so I was also so happy for her when she called me — she hesitated calling me because she wasn't going to be back coaching — (saying) she wanted to play."

It was then that Pandas soccer coach Liz Jepsen, who had courted the former Archbishop O'Leary student ever since she was in high school, got the confirmation she had been waiting almost four years for, as a re-energized Ignacio called her saying she wanted back in the game.

"I had always reached out to her every six months or so and she would politely tell me that it wasn't the right time for her," Jepsen recalled. "And then in January of 2013 ... she said, 'Liz, I think I'm ready to come back and play again.'"

Joining the team in what was her fourth-year of eligibility, but first year with the program, Ignacio had very little time to get acquainted with Jepsen's style of soccer. But being on the Canadian women's soccer team at the Summer Universiade this past summer in Kazan, Russia sure helped speed along the adjustment process.

And when the season started, Ignacio helped the Pandas tear through their opposition as they ran the table in regular season play — with their only blemish coming in the form of a 2-0 loss to Trinity Western — and advanced to the CanWest championship where they clinched their first ever conference title in 12 years.

For Jepsen, who had first row seats to Ignacio's resurrection as an elite-level soccer player, the resilience she showed bouncing back from adversity to help the Pandas finish strong in third place at CIS nationals spoke volumes to the character and personality that Ignacio had as a person.

"Leadership wise, Julia (came) in with a ton of experience," Jepsen said, adding that Ignacio's humility caused her to just "put her head down" and lead the team through example.

"However ... if there was ever a joke to be cracked or a laugh to be had, Julia (would) throw that out," Jepsen said. "She's also a complete badass. She drives around in a yellow punch buggy that has flowers off the rearview mirror. But I think it really typifies her because she's a competitor and she can give it to you. If you're not pulling your weight, she's going to push you to do better than you can do. But at the same token, when it's all said and done, she's still our yellow punch buggy."



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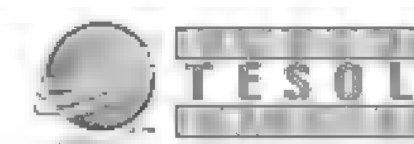
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# THE GATEWAY'S ANNUAL SPORTS AWARDS

## PHOTOS OF THE YEAR



FILE PHOTO — KEVIN SCHENK



FILE PHOTO — AMANDA WANG



**TEAM OF THE YEAR:  
GOLDEN BEARS HOCKEY**

**HONOURABLE MENTIONS:  
PANDAS RUGBY & BEARS VOLLEYBALL  
2012-13 TEAM OF THE YEAR:  
BEARS HOCKEY**

With their dominant play this entire season, the Golden Bears hockey team proved they controlled much of the fight in Canada West this year. They started the season on a 14-game winning streak, and finished out their 14th national championship season on the same streak. The Bears only lost three games all season, and of these three losses, only two were lost in regulation. One was to the University of Calgary Dinos and another to the University of Manitoba, with both coming during the final two weeks of the first half of the season. The Bears also suffered an overtime loss to the Mount Royal University Cougars, but they put together a solid record of 25-2-1 in conference play. After losing their first game to the Dinos on the road in mid-November, the Bears spent most of the rest of the season trailing the U of C for the top spot in the CIS rankings, and the conference title between the two rivals came down to the final two games in the regular season. The Bears silenced any critics that they may have had as they swept their final two games against Calgary to clinch first in the conference. The Bears would go on to be undefeated in both the Canada West and University Cup playoffs, taking their 14th overall national championship after toppling the University of Saskatchewan Huskies on their home ice in Saskatoon.

Throughout the season, the Bears proved to be almost unbeatable, dominating their opponents with solid defence and strong offence. They boasted five of the top 10 Canada West scorers in the regular season, with each of them, holding a spot amongst the league's top scorers. The Bears also relied on playing a strong two-way game with all players expected to perform on both sides of the ice as they skated to their 14th overall University Cup title.

— Atta Almasi



**COACH OF THE YEAR:  
IAN HERBERS**

**HONOURABLE MENTIONS:  
MATT PARRISH & TERRY DANYLUK  
2012-13 COACH OF THE YEAR:  
IAN HERBERS**

After a year in which he left his job with the American Hockey League's Milwaukee Admirals to return to his alma mater, Bears hockey head coach Ian Herbers was able to redeem last season's unfortunate finish to clinch the 14th University Cup in the program's 101-year history. Drawing upon his experience as a developer of pro hockey talent, Herbers instilled a level of professionalism in the Bears locker room right from day one. This year, he implemented a rigorous off-season fitness regiment that gave his team an enormous physical leg up on many of their opponents throughout the season. The one-time Edmonton Oiler and former defenceman used this year's schedule to build on his desire to reignite the green and gold's rivalries with old local foes, the NAIT Ooks and the Edmonton Oilers rookies. He also took advantage of the team's traditional bye-week in November to take the team to hockey-mad Thunder Bay for a two-game series against the Lakehead University Thunderwolves. Modelling his coaching style after his own former coach, mentor and Alberta hockey legend Clare Drake, Herbers implemented a system of attack within his team's play that saw them play stringent defence by controlling the puck and keeping it in their opposition's end, even on the penalty kill.

Insisting that his players use practice time effectively to continue to improve, Herbers' philosophy to treating every opponent the same was a huge reason why the Bears had two separate 14-game winning streaks this year — including a 4-0 run through the Canada West playoffs and CIS national championships. The Bears' 8-1 defeat of Calgary in the opening game of the CanWest finals spoke volumes to Herbers' ability to get his troops prepared to play each and every night.

— Atta Almasi



**GRAD OF THE YEAR:  
JORDAN BAKER**

**HONOURABLE MENTIONS:  
SEAN RINGROSE & MIRANDA MONTY  
2012-13 GRAD OF THE YEAR:  
JAKI ELLIS**

Although his CIS career didn't end the way he wanted it to with a bronze medal finish at nationals, fifth-year Bears basketball forward Jordan Baker had a phenomenal year to look back on, as he surpassed multiple notable former Bears — including his father, Doug — to become the program's all-time record-holder in most career conference points scored, rebounds, assists, steals, field goals, field goals attempted, free throw attempts, minutes played, most rebounds in a single season and most rebounds in a single game. With multiple Canada West player of the year and CIS first team All-Canadian honours under his belt, Baker will leave the Bears basketball program as one of its most decorated student-athletes ever. In his third season on the team, Baker helped the green and gold to win their first Canada West championship in over six years and secure themselves a place at the CIS Final 8 for the first time in four years. At the Final 8, Baker was one of the key cogs in that year's team winning a silver medal as they lost in the national championship game to the Carleton University Ravens. In addition to suiting up for the Bears for all five years of his eligibility, Baker also received the opportunity to attend the senior national team's training camps and even represented Canada at the FISU Summer Universiade Games in 2009.

Apart from his stellar play and production on the court, Baker was also the personification of a student-athlete in the classroom, as he graduated in four years and with a 4.0 GPA from the Faculty of Business last year. The former Harry Ainlay Titan also has deep roots in U of A basketball as his mother and father were both MVPs of their respective basketball teams before they both went on to coach the Pandas.

— Atta Almasi



FILE PHOTO — RANDY SAVOIE



FILE PHOTO — KEVIN SCHENK



FILE PHOTO — MIGUEL ARANAS



# FOR THE TOP U OF A TEAMS & ATHLETES

## PHOTOS OF THE YEAR



FILE PHOTO — BLAKE FENSON



FILE PHOTO — BLAKE FENSON



### ROOKIE OF THE YEAR: LUKE SIEMENS

**HONOURABLE MENTIONS:  
MAMADOU GUEYE & NICK KOSTIUK  
2012–13 ROOKIE OF THE YEAR:  
KATRINA MARTIN**

With Golden Bears standout Real Cyr graduating from the Bears hockey team last year, the question of whether the Bears could find someone competent enough to share netminding duties with former CIS Goaltender of the Year Kurtis Mucha was one that needed answering if the team was to repeat their Canada West title run from the year before. Fortunately, those concerns were quickly answered with the stellar play of Luke Siemens. The former Prince Albert Raider basically split time in the crease with Mucha the entire season and into the play-offs, where his 18-save performance in more than 85 minutes of play helped lead the Bears to a semifinal 3–2 double overtime victory over the McGill University Redmen. With 12 starts throughout the regular season, Siemens proved to be a successful platoon partner for Mucha as both goalies finished the year ranked a respective second and third in the country in goals against average, with Mucha's 1.87 GAA just eclipsing Siemens' phenomenal 1.98 GAA. The two also finished in the same two positions in winning percentage among CIS goaltenders with Siemens' .917 winning percentage placing him ahead of Mucha's .875 per cent.

In addition to these stats, Siemens was on the ice for only one of the Bears' losses this season, proving to be a dependable asset that his coaches and teammates could rely on in the back end even in his rookie season. And with Mucha — who broke the CIS shutout streak last year — heading into his final season next year, supporters of the men's hockey team can rest assured that the green and gold's strong tradition of producing great goaltenders will continue. Siemens entered the program with a rather decorated past as the Raiders' all-time record holder in save percentage, saves and shutouts.

— **Atta Almasi**



### BREAKOUT ATHLETE OF THE YEAR: ALANNA FITTES

**HONOURABLE MENTIONS:  
LINDSEY POST & MEG CASAULT  
2012–13 BREAKOUT ATHLETE:  
KENNETH OTIENO**

Following a year in which she missed an entire season due to a leg injury that kept her off the pitch, third-year fullback Alanna Fittes truly came into her own as one of the most potent offensive threats in the country on the Pandas rugby team and was a key reason that Matt Parrish's squad achieved the success they did. Setting the tone early with a fantastic performance in the Pandas' season opener at Ellerslie Rugby Park — the first Canada West regular season home game since the fall of 2011 for the club — Fittes proved it wasn't only the fourth and fifth-year players that were going to make the team a juggernaut this past year. She contributed four tries and a further 12 points courtesy of six successful conversions from her boot to lift the Pandas to a dominating 62–17 win, with Fittes being responsible for more than half of the team's points in that game. A two-game road swing in B.C. saw Fittes further contribute three tries and four conversions for the Pandas in their combined 78–0 drumming of the University of Victoria Vikes and UBC Thunderbirds in back-to-back games. Fittes was able to score two more tries, while adding a penalty goal, to power the team to a 42–3 win against the former CanWest powerhouse University of Lethbridge Pronghorns. Surprisingly, Fittes was held off the scoresheet in the Pandas' 79–0 CanWest semifinal win, but came through when the team needed her the most as she score two key tries in the CanWest championship game en route to the Pandas 27–10 win over Calgary.

At nationals, Fittes scored four tries for the second time in the season in the team's 56–10 victory over the host Laval Rouge et Or, picking up a single try in their de facto semifinal win over Queen's, and was named player of the match in their gold-medal clinching win over Guelph in the final.

— **Atta Almasi**



### BIGGEST INDIVIDUAL SURPRISE JESSIE CANDLISH

Jessie Candlish's breakout performance of three goals in her team's first two games was all part of an emerging chemistry with teammate Julia Ignacio, which head coach Liz Jepsen has said she hasn't seen in all her years of coaching. This led to a breakout season for the former defender, after beginning her CIS career as a redshirt freshman and two minutes coming off the bench.

— **Adam Pinkoski**

### BIGGEST TEAM SURPRISE: PANDAS BASKETBALL

Sometimes even the best teams can crack under pressure and fall demonstrably below the high expectations placed upon them. For the Pandas Basketball team, it certainly looked like they were doing just that when they dropped two of the first three games to start the season before embarking on the program's longest winning streak ever, at 21 games.

— **Atta Almasi**

### BIGGEST "WOW" MOMENT: PANDAS VOLLEYBALL

A young and relatively inexperienced Pandas volleyball squad swept the six-time defending national champion and eventual CIS silver medalist UBC Thunderbirds in the final two games of the season in a dramatic feat. This is something the Pandas had never achieved with better teams in previous years, as they fittingly capped off a year where they beat every single CIS Top 10 ranked team in Canada West.

Check us out online at [gtwy.ca](http://gtwy.ca) to find out our other Athlete of the Year award nominees, as well as our picks on this year's Biggest individual and team disappointments, as well as Biggest "WTF" moment.

— **Atta Almasi**



FILE PHOTO — RANDY SAVOIE



FILE PHOTO — JOEL MALINA



FILE PHOTO — KEVIN SCHENK



# CIS ATHLETIC PROGRAM OF THE YEAR AWARD

## U of A athletes on top once again in *The Gateway's* CIS team awards

CIS RECAP

**Atta Almasi**  
SPORTS STAFF • @SCARBORBLUFFER

The University of Alberta Golden Bears and Pandas put together the most successful performances at the national championships and claimed the title of the best athletics program in the country for the second straight year. The green and gold teams clinched national championship banners in three different sports and CIS medals in four others.

It was the women — in the absence of tangible results from Bears soccer and football — who picked up the slack for the green and gold as both the Pandas soccer and rugby teams clinched Canada West championships and CIS medals. This gave the U of A its first tallies on the overall medal board. The fact that two Pandas senior athletes — Julia Ignacio and Miranda Monty — both received CanWest athlete of the year honours also spoke to the phenomenal individual performances within what were clearly fantastic team efforts on the Pandas national championship and bronze-medal winning rugby and soccer clubs, respectively.

As the weather around Edmonton got colder and snow began to cover the ground, the action inside the Bears and Pandas indoor facilities started to heat up. The U of A went on to clinch number one seeds in both Bears and Pandas basketball and Bears and Pandas hockey, with

the Bears and Pandas volleyball teams also qualifying for CanWest playoff spots. On the mat and on the ice sheet, the Bears and Pandas wrestling teams clinched CanWest titles — while the Bears went on to claim CIS silver — and both curling teams won silver at the national championships, bringing the tally of U of A national team medals to five.

The Pandas volleyball team was uncharacteristically eliminated in the quarter-final round of the CanWest playoffs, but their male counterparts were the only ones to carry the banner for the volleyball teams and did not disappoint. They built upon a third-place ranking in the regular season standings en route to a CanWest and CIS championship. With the Bears and Pandas hockey teams receiving a first-round elimination in their playoff contests, they both blew by their CanWest quarter-final opponents to set up some exciting Final Four action at the Saville Centre.

The Pandas were unable to translate the momentum of a historic 21-game winning streak into a CanWest banner, but a third-place game win over the University of Regina Cougars and some luck from the Atlantic University Sport women's basketball championship booked the Hoop Pandas their first ticket to the Final 8 in four years, breaking what had been the second-longest national championship tournament drought on campus to the Bears football team. The Hoop Bears — led by record breaker Jordan Baker — went on to win their

second CanWest banner since 2012 and a ticket back to the Final 8.

Even though the Pandas hockey team was unable to stop the upstart Regina Cougars, the Puck Bears continued to roll on all cylinders with back-to-back two-game series sweeps against the UBC Thunderbirds. Rival University of Calgary Dinosaurs clinched the Bears their second consecutive CanWest title and another end-of-the-year weekend date in Saskatoon to see if they could redeem their disappointing finish only twelve months earlier.

On the hardwood, the Bears and Pandas basketball team emerged from their first round games against the Saint Mary's University Huskies in different states, with the men besting their Atlantic Canadian opponents from Halifax while the women weren't as successful. Ultimately finishing in sixth place, the Pandas basketball team sat back and watched what was arguably the Bears' most talented team in program history settle for a bronze medal finish against the University of Victoria Vikes after losing their semifinal match against the power Carleton University Ravens — who had beaten 2014 NCAA Final Four West regional team the University of Wisconsin Badgers.

With the U of A athletics spotlight now on them, the Puck Bears survived a double-overtime semifinal scare against in the semifinals to claim their 14th national championship and seal the U of A's fate as the premier athletic program in the country for the second straight year.



**GOLDEN** The Bears and Pandas combined for 154.5 points in our scoring system.



**DEUXIÈME** The Laval Rouge et Or finished second in CIS in our scoring system.



**THIRD** The UBC Thunderbirds finished third in CIS in our scoring system. Check out [gtwy.ca](http://gtwy.ca) to see our scoring system explained.

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# BEAR (& PANDA) TRACKS



In honour of the Bears and Pandas hits (and misses) on the field of play this past season, *The Gateway* sports staff has revised the lyrics to some popular tunes in a new tradition we are starting in the hopes of honouring our valiant and bold varsity sports teams and athletes.

Remixed by Atta Almasi and Adam Pinkoski

## “U OF C BEARS FOOTBALL CHEER” (TO THE TUNE OF THE *SPONGEBOB SQUAREPANTS* THEME SONG) BEARS FOOTBALL

Are they winning yet?  
No! Go Dinos!  
I can't hear you!  
NO! GO DINOS!  
Oooooohhhhh.....  
Who lives at the bottom of Canada West?  
GOLDEN BEARS FOOTBALL!  
Who is green and golden and awful at best?  
GOLDEN BEARS FOOTBALL!  
Their past three year record makes other teams laugh  
GOLDEN BEARS FOOTBALL!  
They try oh so hard, but for only a half!  
GOLDEN BEARS FOOTBALL!  
Ready?  
GOLDEN BEARS FOOTBALL! [3x]  
GOLDEN BEARS ... FOOTBALL!

## “BRONZE BABY” (TO THE TUNE OF “ALL OF THE LIGHTS” BY KANYE WEST) PANDAS BASKETBALL

[Hook]  
In our fight for the Bronze Baby  
And winning gold was our team's only wish  
In our fight for the Bronze Baby  
It was our team's dream to win the entire thing  
And we came in ready to fight  
[Bridge]  
We were tough and played rough  
In our team's fight, in our team's fight  
And yet for us it wasn't good enough  
In our team's fight  
If we played to our potential, we knew we'd be alright  
If we played to our potential, we knew we'd be alright  
[First verse]  
Now it's done  
In retrospect  
Our Final 8 run's at an end  
Back in the fall  
Our first three games  
Man they were tough  
Couldn't complain  
We started off  
Then 1-2  
“We're better than this!” we all knew  
So we embarked on a 21-game winning streak  
Which was the longest in our school's and program's history  
And in our fight  
[Bridge #2]  
Every night we sought to fight  
And bring our might  
In our team's fight, in our team's fight  
If we played right under the lights  
We'd win  
In our team's fight  
[Hook]  
[Second verse]  
We made it back  
To the Final 8  
After a four year absence and you know we couldn't wait  
We played Saint Mary's  
In that first game  
They beat us bad  
And brought us pain  
We played the Gaels  
We nailed those twos  
“We're better than this!” we all knew  
But then McGill kept hitting threes  
And it was then we knew we'd lost all of our energy  
In our team's fight  
[Bridge #2]  
[Hook]  
[Bridge #3]  
We were fine maybe  
When we thought we'd win the gold  
The treasured Bronze Baby,  
But then we lost that goal [2x]  
[Third Verse]  
We were pretty sure  
It had crossed our minds  
That to win we'd have to put everything on the line  
And we had to believe it was our time  
We could not wait for all of the stars to align  
For all of the stars to align [4x]  
[Hook]  
We tried to win it with our work and our play [4x]

## “THAT’S THE WAY WE’LL WIN” (TO THE TUNE OF “THAT’S THE WAY IT IS” BY CELINE DION) PANDAS SOCCER

[First verse]  
Although we're close now  
So close to glory  
And everything we've been through, yeah  
We're almost there  
At the end of our story  
And all of you know it's true  
What a great season it has been  
It's simply a case of  
[Hook]  
Our back end being strong, so we'll get some shutouts  
If we're going to score goals we can't have any doubts  
Play hard for your teammates  
Don't worry about what you've read  
And that's the way we'll win  
[Second verse]  
Though the teams we face  
They may be better  
We should expect nothing new  
For us to be great  
While we're in Toronto  
We have to believe we are good  
And what a great season it has been  
It's simply a case of  
[Hook #2]  
Our back end being strong so we'll get some shutouts  
If we're going to win gold we can't have any doubts  
Stick up for your teammates  
Don't worry about what you've read  
And that's the way we'll win  
[Bridge]  
And if we go down  
We'll go down swinging  
Knowing we gave our all  
But girls know this  
We are invincible  
If we can control the ball  
[Hook #2] [2x]

## “RUGBY BALL” (TO THE TUNE OF “WRECKING BALL” BY MILEY CYRUS) PANDAS RUGBY

[First verse]  
We clawed, we scratched and we attacked  
And got the ball across that line  
We won our games, fought through the pain  
And that's the real reason why  
We went 4-0 and beat the Dinos  
In the CanWest final  
We got bronze last year, all we had was tears  
[Hook]  
Now we're back at nationals  
So just give us a rugby ball  
And we will jump and sometimes fall  
And yes the refs will make wrong calls  
But that's why we play rugby  
Why we play rugby  
[Second verse]  
Went to Quebec with a weekend  
Off prior to the match  
We played Laval, we won they fell  
Their home advantage, it was smashed  
Had to face the Gaels and we couldn't fail  
If we wanted the gold  
Gave us a tough fight and gave it all their might  
Scored no penalty goals  
[Hook #2]  
So just give us a rugby ball  
And we will jump and sometimes fall  
And yes the refs will make wrong calls  
But that's why we play rugby  
So just give us a rugby ball  
We'll go out there and give our all  
And no effort can be too small  
But that's why we play rugby  
[Bridge]  
We beat Queen's by 20 points  
And went to the championship  
Game against the Guelph Gryphons  
Parrish said to play to win  
Score three times in the first half  
But that Guelph team didn't quit  
They came back and scored 10 points  
Couldn't feel the pain  
Got to spray champagne  
And at that point we just knew  
[Hook #2] [2x]



## “ONE GAME MORE” (TO THE TUNE OF “ONE DAY MORE” FROM *LES MISÉRABLES*) BEARS VOLLEYBALL

**Coach Danyluk:**  
One game more  
Another game, another victory  
And here we are right now in Calgary  
At the home gym of the Dinos  
Continuing in our quest for gold  
One game more  
**Jarron Mueller:**  
There was a moment our last game  
When coach had said we should play harder  
**Coach Danyluk:**  
One game more  
**Jarron Mueller:**  
Came off the bench and got an ace  
And received praise from all the starters  
**Brendan Yao:**  
One more game until our goal  
**Jay Olmstead:**  
So jacked up to start this game  
**Brendan Yao:**  
One more game that we are playing  
**Jay Olmstead:**  
I can't wait to hit the court  
**Brendan Yao:**  
It's important that we know  
**Jay Olmstead:**  
Man, don't you just love this sport?  
**Brendan Yao:**  
What's really at stake right here?  
**Ryley Barnes:**  
One more game and for the gold  
**Matt McCreary:**  
Will my folks be at the game?  
**Ryley Barnes:**  
And against the Western Mustangs  
**Matt McCreary:**  
Will my high school coach be there?  
**Ryley Barnes:**  
C'mon Golden Bears, let's go  
**Matt McCreary:**  
And all of our fans who care?  
**Ryley Barnes:**  
Now is not the time to think ...  
**Whole Team:**  
About winning CanWest last week  
**Coach Danyluk:**  
One game more  
**Kevin Proudfoot:**  
One more game until we're victors  
We'll for sure put on a show  
We'll come out on top as champions  
Having thus achieved our goal  
**Coach Johns:**  
This game's always tough  
And Western is no  
Pushover themselves  
And so make sure you know  
Even though they're good  
We have to be great  
We've got to make sure that we make no mistakes  
**Whole Team:**  
One more game until we become  
This year's national champions  
Every team that we have beat  
Every team that we have beat  
We just cannot sit here waiting  
For this key match to be won  
And for the seniors who'll leave ...  
**Matt McCreary:**  
I'd be upset if we do lose  
**Terry Danyluk:**  
One game more  
**Jarron Mueller:**  
There was a moment our last game  
**Ryley Barnes:**  
One more game and for the gold  
**Kevin Proudfoot:**  
We'll beat them now in this building  
We'll embarrass them I know  
One more game until we're victors  
We'll for sure put on a show  
We'll come out on top as champions  
**Coach Danyluk:**  
The game time isn't far away  
It's almost time to dress and play  
**Whole Team:**  
In these sets we'll discover if we will receive the gold  
Once we've won  
One more game  
One game more



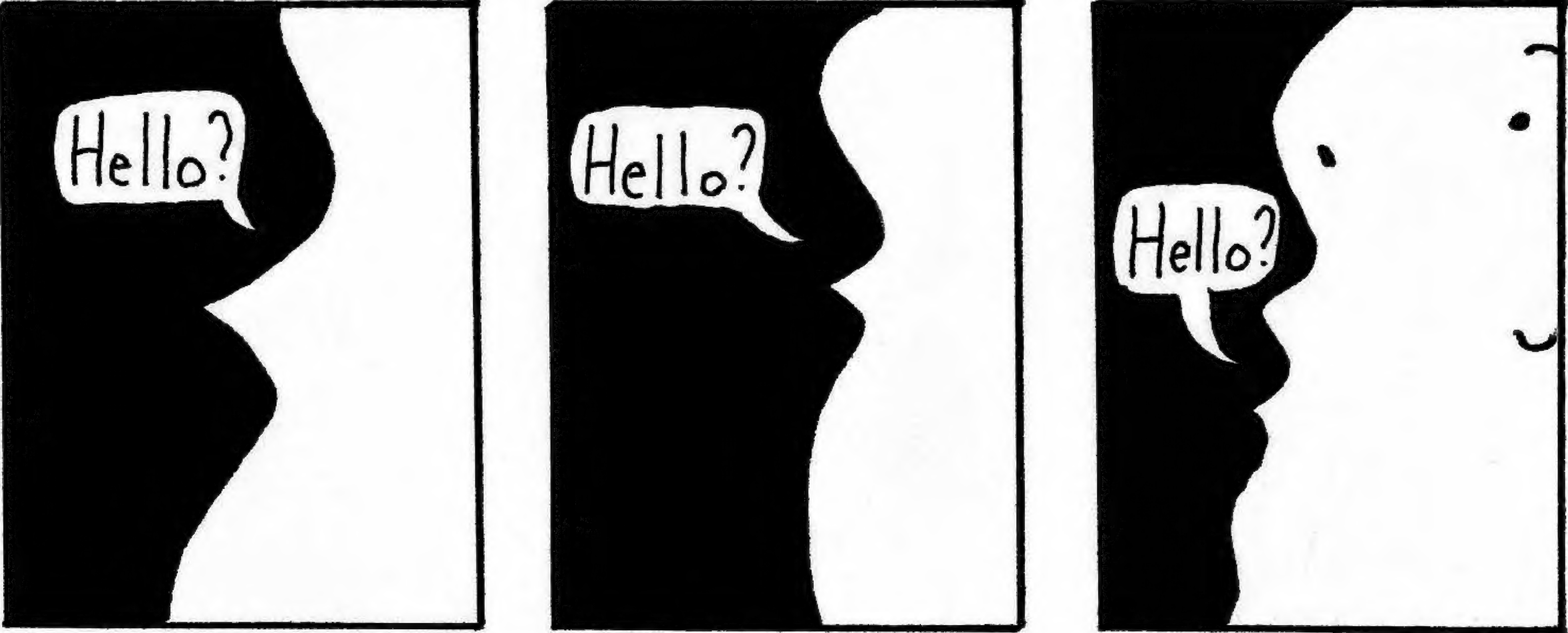
# Goodbye.

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**Twitter:** @defnotdarkknight

**Volunteer**

There is really no point attempting to volunteer at this point. It has been a privilege bringing you the treasures kept here. Danke und auf Wiedersehen meine Lieblinge.

RED PEN COMICS by Michael Johnson



IN BETWEEN CAFE by Stefano Jun



## sudoku

Every column, row, and 3 x 3 box must contain each number from 1 through 9. Puzzles by [websudoku.com](http://websudoku.com)

### easy

	7	1	4	3			5	
			5	1	2		4	
	4				8			2
7	1		9					
8	5	3				6	2	9
					5		7	3
4			6				3	
	3		8	5	1			
	9			2	4	8	6	

### medium

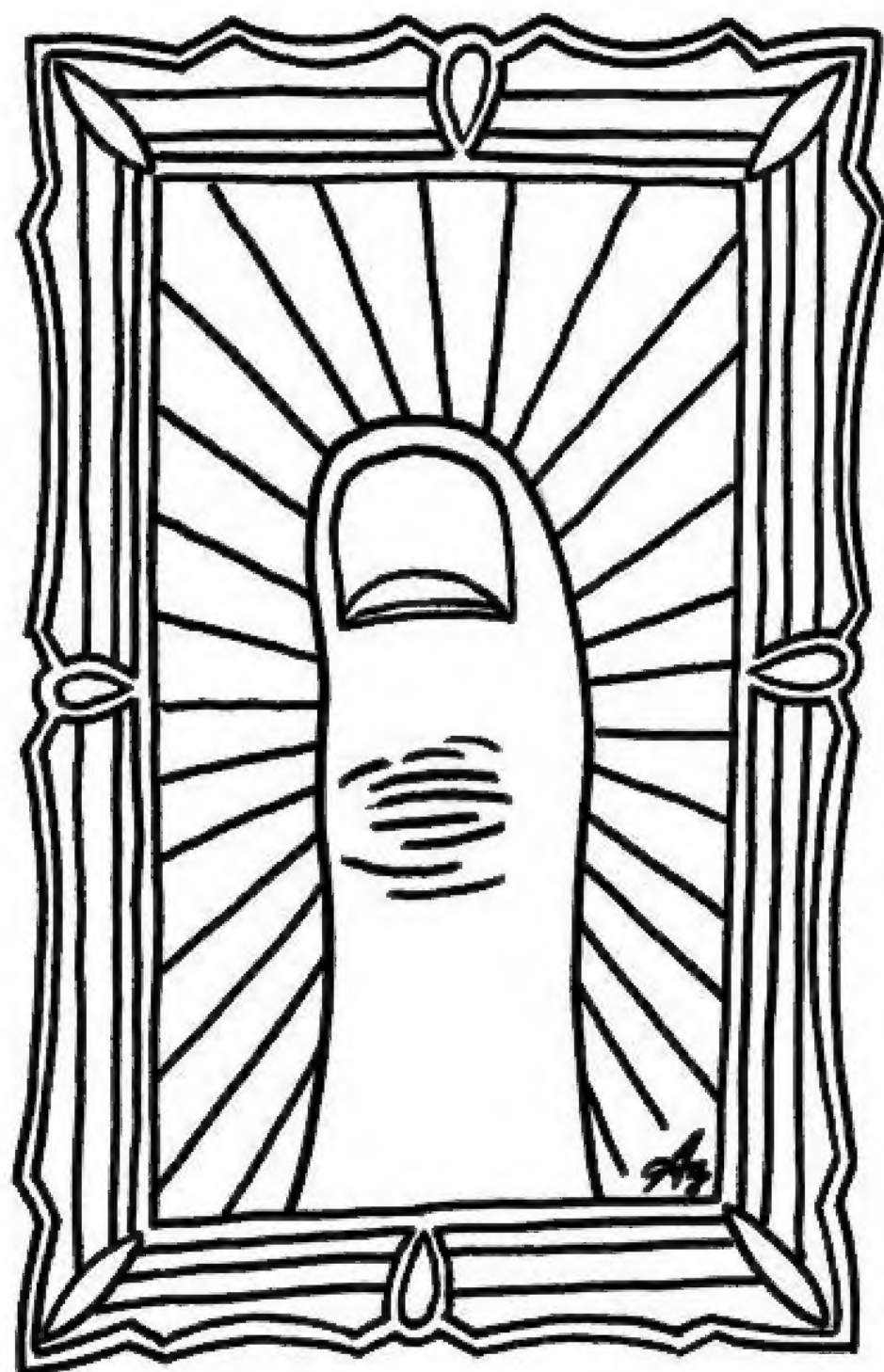
6			3		8	9		
	4	3				5		1
	1						2	
	3				9		5	
1				2				8
	5		4				3	
	9						6	
5		6				7	1	
		1	6		2			5

### hard

6	5		9			8		
		4	7				6	
		3			6	5		
							5	2
		6		5		9		
1	4							
		7	5			2		
	1				3	6		
		9			2		1	4



**ANTHOPOLOGY** by Anthony Goertz



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Kate chills with our new office friend #uaberta.ca

**A VERY KINKY GIRL** by Nikhil Shah

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Heyy, so, whats the first thing that comes to mind when I say... handcuffs??

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